Report of the

Committee on Evaluation of Therapeutical claimsof yogic Practives

सन्यमेव जयते

New Delhi Ministry of Education 1962

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CHAPTER I

APPOINTMENT OF THE COMMITTEE

In 1958 the Government of India had set up a Committee to make an on-the-spot study of the working of the Vishwayatan Yoga Ashram, Katra Vaishno Devi (Jammu & Kashmir State) and make recommendations to the Government of India in respect of the proposals put forward by the Yoga Ashram for the expansion and development of its activities. The Committee inter alia recommended as follows:—

"Elaborate claims are being made regarding the therapeutical values of Yogic Practices. Government would do well to appoint a Committee of Medical Experts to study this so that benefits which may be observed can be given wider publicity and utilised in greater measures. If, on the other hand, the claims are proved not to be vaild the public must be made known of the position."

The above recommendation of the Committee was accepted by the Government of India and in consultation with the Ministry of Health the appointment of the Committee was announced with the following composition:—

- (1) Dr. B. K. Anand, Professor of Physiology, All India Institute of Medical Sciences, New Delhi. (Convenor)
- (2) Dr. S. S. Misra, Professor of Medicine, King George Medical College, Lucknow. (Member)
- (3) Dr. B. Narayana, Principal, S. R. M. Medical College, Kakinada (Andhra Pradesh). (Member)
- (4) Dr. V. Narayanaswami, Retired Chief Lecturer in Ayurveda, College of Integrated Medicine, Madras. (Member)

The terms of reference given to the Committee were as follows:—

- (i) "to study and evaluate the therapeutical values of Yogic Practices;
- (ii) "to visit the institutions and recommend suitable measures for developing them on scientific lines."

In the very first meeting of the Committee it was felt that the therapeutic aspect of Yoga cannot be studied in isolation. In order to assess the benefits of Yoga to any man it will be necessary to study the therapeutical and preventive aspects of Yoga not in isloation, but as aspects of a system seeking to achieve profound changes in the body, mind and nature of man.

We respectfully submit this report and hope it will help the Government of India to take suitable measures for developing on scientific lines the working of the institutions recommended in this Report.

(Sd.) B. K. Anand,
Convenor.

(Sd.) S. S. Misra,
Member.

(Sd.) B. Narayana,
Member.

(Sd.) V. Narayanaswami,

Member.

New Delhi, September 28, 1961.



The Committee was required to submit its report to the Government of India within a period of three months from the date of its first meeting. Subsequently, however, on the request of the Committee the time limit for the submission of its report was extended to July, 1961.

The Committee held six meetings—on 21st September, 1960, 6th November, 1960, 30th December, 1960, 1st April, 1961, 9th May, 1961 and 3rd July, 1961. During this period various members of the Committee visited the institutions selected for the on-the-spot study. In addition to such visits the Committee also examined a few witnesses and records.

At its first meeting the Committee decided to issue a questionnaire (Appendix I) to the various Yogic Institutions (Appendix II) in the country for collection of certain basic data in respect of the locus standi of the institutions as well as the nature and scope of their activities. This questionnaire was issued by the Ministry of Education on the 24th September, 1960, to the institutions within the knowledge to the Ministry. A Press-Note was also issued and copies of the questionnaire supplied to all other institutions who asked for the same. The questionnaire was sent to 71 institutions in all. Replies to the questionnaire were received from 42 institutions. A consolidated statement showing their replies is given in Appendix IV. These were considered by the Committee. On the basis of the information made available to it, the Committee selected a few institutions for an on-the-spot study. A list of the institutions actually visited with dates of the visits and the names of the members of the Committee who were present on these visits is placed at Appendix III of the Report.

As a result of visits to the various Yogic institutions, the *im-pressions formed* by the Committee regarding these institutions are included in Chapter II. In Chapter III, an evaluation by the Committee of the therapeutical claims of Yogic practices is given. Based on this knowledge the Committee's recommendations for the scientific development of the various institutions engaged in Yogic therapy are given in Chapter IV.

CHAPTER II

IMPRESSIONS ABOUT THE INSTITUTIONS VISITED

The following institutions have been visited by the Committee. The impressions of these visits by the Committee members on each of these institutions are recorded below:

- (i) Vysya Vvayam Sangham, Guntur (A. P.).
- Dr. B. Narayana visited this institution and observed that this was started as a gymnasium for the Vaishya community where during the last 3 years instructions in Yogic asanas are also being given. This institution is primarily for the improvement of the health of the participants. Some persons have also been treated for various ailments but as no records have been kept it has not been possible to evaluate and verify the therapeutic claims put forward by the institution.
 - (ii) Kaivalayadham Ishwardas Chunilal Yogic Health Centre, 43, Netaji Subhash Road, Bombay,

and

(iii) Kaivalayadham Shreeman Madhva Yoga Mandir Samiti, Scientific Research Department, and Yogic Hospital, Lonavla (Poona).

The K. S. M. Y. M. Samiti is running two centres, one in Bombay and one in Lonavla. Both the centres were visited by all the members of the Committee.

In Bombay, their centre (Kaivalayadham I. C. Yogic Health Centre) situated on Marine Drive is housed in a small building with a certain amount of land available for extension. This has been used as a sort of out-patients treatment centre for various diseases by Yogic practices. Four licentiate doctors work in Out-patients Department of this Centre in an honorary capacity and they attend this Centre in the mornings and evenings. The records at this Centre have been kept since 1932 in the form of small case sheets. However, for lack of time the doctor could not complete the data as required in the case sheets. For this reason, the records are not use ful for our purposes. We were very much impressed by the performance and zeal of the Director and his assistants. There is rich material available which, if scientifically and properly investigated, can provide an answer to the therapeutic claims of Yoga.

At Lonavla, the Director showed the Committee the hospital which has recently been started, and also a very well equipped Electronics-cum-Physiology laboratory, where the effects of Yoga on the various functions of the body can be studied. The research laboratory at this Centre has done some good work but due to lack of trained personnel, it has not been possible to put it to its best use so far. One of the doctors attached to this centre is under training these days

in a Physiology laboratory and will be able to join soon. The idea behind starting the hospital is to keep patients in this institution and treat them by suitable diets, asanas and kriyas for their various ills. The hospital building has been completed but it lacks a pathology laboratory for carrying out investigations.

While at Lonavla, the Committee also interviewed Shri K. Chandara of the Indian Meteorological Officer, Poona, who had informed the Committee that he had been greatly benefited by Yogic therapy. He had respiratory disease. The diseased condition of the lungs is still there, but the symptoms have abated, probably as a result of drainage of the cavities of the lungs.

(iv) Shri Ramtirath Yogasharam, 27, Viscent Square, Street No. 2, Dadar (Bombay).

This was visited by all the members of the Committee. It is housed in a small place. No records are kept of any patients treated. We feel that this Yogasharam has been commercialised and seems to have lost touch with the aims of Yoga.

(v) Yoga Institute, Santa Cruz, Bombay.

All the members of the Committee visited this Institute and had a long discussion with its Director, Swami Yogendera. This Institute has been functioning for long time and has been treating outdoor patients by Yogic therapy. They have recently constructed a building with a few beds, where they propose to keep patients under constant observation and treat them by the usual methods of Yoga. The Institute had also kept some records but they were of no value to us from the point of evaluation of claims of Yogic therapy. The Director impressed us as a keen man who is well versed with the principles and practices of Yoga and is prepared to maintain complete records provided facilities are made available. We were told that they have already approached the State and Central Governments for financial support.

(vi) Yoga Abhyas Mandal, Nagpur, and

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(vii) Arogya Mandir, Nagpur.

All the members of the Committee visited the two institutions at Nagpur, viz., Yoga Abhyas Mandal and Arogya Mandir. The former is run by an Ayurvedic physician who claims that to some of his patients he gives Yogic treatment for medically incurable diseases. He has not kept any record of attendance of these patients. He seems also not anxious for any further development of the Institution.

The other institution, Arogya Mandir, is managed by a local Committee whose members are respectable citizens. At present they are not having a building of their own and they are running the

institution in a school which is utilised for purposes of Yoga abhyas. This institute also has not maintained any records.

(viii) Arogya Yoga Ashram, Thondiarpet, Madras.

Three members of the Committee visited Arogya Yoga Asharam at Madras. This is run by Smt. Sita Laxmi whose husband started the Asharam but died some years ago. The Yogic exercises are claimed to be taught by her sons. The reports of that Centre are unsatisfactory and the Committee do not think any worthwhile work is being done there regarding the therapeutical values of Yoga.

(ix) Yoga Vidya Sangham, Trivandrum, and

(x) Yoga Health Training Centre, Trivandrum.

These two Centres in Trivandrum were visited by two members of the Committee. The Yoga Vidya Sangham is run by Shri Padmanabhan Pillai and this centre had a fair sized gathering of ladies and gentlemen who were taking part in Yogic exercises regularly. The records at this centre also have not been kept well and there was no medical control of the patients treated. Shri Pillai, on the other hand, is an enthusiastic person, and he and his team are agreeable to have medical control provided financial help is given to them.

The other centre—Yoga Health Training Centre, Trivandrum—has no records to show and the Director of the institution claims that he makes the diagnosis by television and treats people accordingly. He could not in any way impress the Committee members.

(xi) Shri Kodi R. N. Memorial Yoga and Nature Cure Clinic, Kankipad—Post (Andhra Pradesh).

This Yogic Centre at Kankipad was visited by two members of the Committee. It is run on a proprietary basis with enough accommodation for in-patients. The institution is run by Shri K. R. Chaudhry as Director and he charges Rs. 25 a month for each patient. He has also got a small library with 1200 books and at the time of the visit of the Committee, there were 16 in-patients. The records are not maintained properly but the Director says that if financial help could be given he would have the Institute organised properly.

(xii) Divine Life Society, Rishikesh (U. P.).

The Divine Life Society of Rishikesh was visited by three members of the Committee. This Centre is situated in an ideal place and is primarily interested in the spiritual aspects of Yoga. This centre also runs a small dispensary where a number of patients are treated. No records have, however, been kept in respect of these patients. The possibilities of developing this Centre, where therapeutic trials on Yoga practices could be conducted, was discussed with the authorities. They were willing to conduct such trials.

(xiii) Yoga Sadhan Asharam, Hardwar, and

(xiv) Yoga Abhyas Asharam, Kankhal (Hardwar).

Two other Centres at Hardwar, i.e., Yoga Sadhan Asharam and Yoga Abhyas Asharam, were also visited by the Committee members. Both these Centres were reported to be originally run by the same person. After his death, however, these have separated. Both the Centres are also running a number of branches in different cities. Claims have been made for treating various diseases at the two centres in Hardwar as well as at their different branches, but no proper records of the same have been kept. Vague statements made by different individuals have been kept on record. Moreover no arrangement exists to scientifically evaluate these claims.

(xv) Prakritik Chikitsalaya, Gandhi Nagar, Jaipur.

The Prakritik Chikitsalaya, Jaipur, was visited by one member of the Committee. At this place a nature cure clinic was being run previously and it has now been decided by the Rajasthan Government to convert it into a joint therapy centre embodying both nature-cure as well as cure by Yogic practices. The building for housing in-door patients has already been constructed but this has still to be furnished, equipped and staffed. The possibilities of appointing qualified medical personnel and providing laboratory facilities for various types of tests were discussed with the State Minister of Health who was present there. The authorities of the Centre are agreeable to convert it into a centre where the treatment will be done by Yogic practices and the assessment done by qualified medical personnel. Such a trial has not been conducted uptill now.

(xvi) Yoga Research Institute, Alampuram, (W. Godavari Distt., Andhra Pradesh).

The Yogic Research Institute of Alampuram was visited by one of the members of the Committee. Shri Ramananda Yogi, who has set up this Institute, has previously been investigated by one of the members of the Committee in his laboratory and has shown some very interesting results. Studies were conducted on his metabolic pattern and brain activity when he went into 'Samadhi' and it was observed that he had some voluntary control over these activities of his body. It was, therefore, felt that the Centre set up by Shri Ramananda Yogi would have great possibilities for training people in Yogic practices as well as testing the effect of some of these practices for their therapeutical values. Shri Ramananda Yogi claims that he has been treating a number of persons with diseases in the surrounding villages for some years. But as there are no records, all these statements could not be verified. A small new building has already been constructed at this place with the help and assistance from Andhra Pradesh authorities and Shri Ramananda wants to convert this into a centre both for training as well as treatment.

(xvii) Bharat Sewak Samaj Yoga Health Centres, Pandara Road, New Delhi, and Delhi Cloth Mills, Delhi.

Three members of the Committee visited both the centres. They were shown some of the exercises which were carried out by the participants at Pandara Road as well as Delhi Cloth Mills Centres. A paid instructor has been appointed for the Delhi Cloth Mills Centre, while the instructors at other centres are honorary. The Committee members also met several members of the Bharat Sewak Samaj. The centres run by the Bharat Sewak Samaj are interested primarily in improving the physical and mental health of the masses and to infuse in them the sense of duty. Some centres are now being organised in the vicinity of the Contributory Health Scheme dispensaries of Government of India: A number of individuals attending these centres come for relief of certain ailments. The Committee members were informed that the Bharat Sewak Samaj would be agreeable to have proper scientific evaluation of the Yogic treatment of various patients who come to their centes.

(xviii) Yoga Prasar Samiti's Yoga Asharam, Mandir Lane, New Delhi.

The three Committee members also visited this Yoga Asharam and witnessed certain exercises organised by the Director of the Centre. They have a small building with good surroundings and sufficient vacant land and the Committee found the Director as well as the trainees very keen to collaborate in the scientific evaluation of Yogic practices provided suitable facilities were extended to them regarding equipment and trained personnel.

(xix) Vishwayatan Yoga Asharam, New Delhi.

the three Committee members visited Vishwayatan Yoga Asharam at Jantar Mantar Road, New Delhi, where a large number of men were practising various Yogic exercises. In an adjoining place a number of ladies were also practising Yogic exercises. The Committee members also visited two other centres in Delhi run by this Yoga Asharam. At this Yoga Asharam again it was observed that no records have been kept of the patients treated at their centres. On the other hand, the Committee members were shown records of the two diabetic camps organised by this Yogasharam, one at Jaipur and the other at Delhi. In a long discussion that the members had with the Managing Trustee of the Asharam, he agreed with the Committee that proper scientific control is essential. For the setting up of suitable scientific control, proper facilities, equipment and trained personnel have to be provided for. This Yoga Asharam submitted to the Committee members a detailed plan for setting up a Yogic therapy hospital.

CHAPTER III

EVALUATION OF THE THERAPEUTIC CLAIMS OF YOGIC PRACTICES

The Committee had the opportunity to visit various Yogic centres in different parts of the country. These centres have been carrying on their work mostly in the traditional way and only few of them have kept some records. Lack of proper records is mainly due to want of resources and lack of knowledge regarding modern methods of scientific investigations. Lack of trained personnel for the maintenance of such records has also been a contributing factor. Under the circumstances we are unable to evaluate the various therapeutic claims made by Yogis for the treatment of diseases. We, however, feel that if our recommendations contained in Chapter IV are given effect to by the Government of India, it may be possible to give a fairly clear-cut opinion regarding the therapeutic values of Yoga in the next few years. Unless a scientific assessment of the patients treated by Yogic therapy is organised under controlled conditions, it will not be possible to evaluate the important therapeutic claims of Yoga.

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CHAPTER IV

RECOMMENDATIONS OF THE COMMITTEE

Various claims have been made for the therapeutic value of Yogic exercises. Before an answer can be given, these claims will have to be evaluated on a scientific basis by proper investigations and assessment of the patients suffering from different diseases and treated by Yogic exercises. In spite of the fact that the Committee has not come across any definite scientific evidence for such claims of Yoga, as patients treated with Yogic therapy have not been properly assessed previously, the Committee, basing its views on published works as well as certain observations carried out on Yogic beneficiaries, feels that yogic practices, if done on proper lines, may help those individuals who suffer from diseases with predominant psychosomatic disturbances. It is, therefore, very essential that conditions be created and facilities provided for, at some of the centres, for a scientific evaluation and assessment of the effects of Yogic exercises. This will involve the setting up of modern medical units, with facilities for laboratory investigations, at those centres where a large number of individuals suffering from various diseases are being treated by Yogic Practices. With this aim in view, the Committee recommends that assistance on the following lines be provided to the undermentioned institutions:

1. Kaivalayadham Shreeman Madhva Yoga Mandir Samiti, Scientific Research Department and Yogic Hospital, Lonavla and Bombay.

At Lonavla the Samiti has already built a small hospital and in the attached research unit the Centre has got enough equipment for assessing the physiological activities of individuals. The Centre lacks in equipment for setting up a full-fledged Pathology laboratory. This can be accommodated in the research centre attached to the hospital for the time being. In addition, if the investigations at this hospital have to be carried out on scientific basis, they will need a full time Medical Superintendent, a Pathologist, a Technician and two full time Yoga Instructors. In his letter dated 28th January, 1961, Swami Kuvalayananda, the Director of this Institute, has indicated the requirements for the clinical laboratory at Lonavla [Appendix V (i)]. The Committee feels that this Centre be provided with funds for setting up a Pathology Laboratory as well as for appointing the above-mentioned full-time staff.

At their Bombay Centre, they have got only a small building which is being visited by a large number of persons every day. The accommodation facilities are not sufficient even for the examination and therapy of the patients attending that Centre. There is no place for setting up a Pathology Laboratory. If this Centre has to function on scientific lines, it is very essential that it be provided with accommodation facilities for setting up a Pathology Laboratory, as well

as increased accommodation for running the out-patients services. Vacant space for this expansion of the building is available around the Institute. Equipment for the Pathology laboratory has to be provided. This Centre also should have a whole-time Medical Officer for examination of the patients and their assessment. The Pathology laboratory should have a trained Pathologist and a Technician. The requiremens for this Centre are included in enclosure No. 2 of the letter [Appendix V (i)] from Swamiji, dated 28th January, 1961.

2. Yoga Institute, Santa Cruz, Bombay.

The Yoga Institute, Santa Cruz, Bombay, is another place which we feel should be developed into a full-fledged therapeutic centre, where scientific assessment on proper lines can be carried out. In addition to the already existing small building, this centre has now put up a new building which is to be utilised as a hospital. We were told that this building has been built with loans on which they are paying interest. If this centre has to be developed into a unit for therapeutic trials for Yoga, the Government will have to reimburse the money spent by them by raising loans on building for the hospital, and also provide facilities for equipment and trained personnel for investigations to be carried on scientific basis.

The Director of this Institute has forwarded the requirements of this Institute in his letter dated 27-1-1961 [Appendix V (ii)] and another letter on similar lines has been received through the Government of Maharashtra (No. RSI/2859/32619-U, dated 8th August, 1960). The Committee feels that a sum of Rs. 1 lakh as non-recurring grant (Rs. 75,000 for the building and Rs. 25,000 to provide laboratory facilities) should be provided to the Centre. In addition, this Centre should be given recurring grant for employing the services of a trained doctor, a pathologist and a technician.

3. Prakritik Chikitsalaya, Gandhi Nagar, Jaipur.

A nature-cure centre has been running at this Centre for sometime and now with the assistance of the Government of Rajasthan this is being converted into a centre where patients will be admitted both for treatment by nature-cure methods as well as for treatment with Yogic practices. The two sections, although located in the same building, will run separately. For the Yogic section a small hospital building has already been constructed for admission of patients. Committee was informed by the Health Minister of Rajasthan that the Yogic therapy will be carried out in collaboration with Vishwayatan Yoga Asharam of New Delhi who organised a "diabetes camp" at that place during last year. It is proposed to have a Medical Officer attached to this Centre, as well as to have a Pathology laboratory under the charge of a Pathologist, for carrying out investigations. The Government of Rajasthan, through its Deputy Secretary (Medical and Public Health Department) has submitted a scheme for financial assistance for employing a medical specialist and a pathologist, as well as for setting up a pathology laboratory, at this centre, [Appendix V (iii)]. As this Centre is going to be run under the supervision of

the Health Department of the Rajasthan Government, the Committee feels that controlled assessment of therapeutic claims of Yoga can be carried out here. It. therefore, recommends that this Centre should be provided with the facilities of a trained physician for examination and assessment of the patients, and a pathologist and a technician for carrying out the laboratory investigations. This Centre should also have the facilities of a laboratory. The financial arrangements regarding the provision of the personnel as well as the laboratory equipment can be worked out between the Central Government and the State Government.

4. Vishwayatan Yoga Asharam, New Delhi.

Under the aegis of this Asharam a diabetes camp was organised last year in New Delhi. Although the report presented to the Committee on this camp claims a fair amount of success in the treatment of diabetes by Yogic practices, the investigations carried out to substantiate these claims could not be scientifically controlled and so it is not possible to make final assessment of these claims. It is, therefore, very essential that studies at this Centre be organised on scientific basis so that controlled evaluation can be done. This Centre has submitted its requirements for setting up a hospital for such an assessment somewhere in New Delhi [Appendix V (iv)]. The total demand of this Centre amounts to Rs. 14,35,000. The Committee feels that initially a small beginning be made to first scientifically assess the therapeutic claims of Yoga. Only after such a proof has been provided, that a big hospital could be established. In view of this the Committee recommends that financial assistance be provided to this Centre to enable it to have a small building at its disposal, where patients can be admitted, treated by Yogic therapy and investigated and assessed scientifically. In this set-up the services of a physician, a pathologist and a technician be provided. This Centre should also have the provision of a Pathology laboratory with equipment for routine investigations required for assessment of the type of patients proposed to be admitted there. In view of this, the Committee recommends that initially the set-up of this Centre should be on the same lines as recommended for the Yogic Institute, Santa Cruz, Bombay.

5. Yoga Research Institute, Alampuram, West Godavari District, (Andhra Pradesh).

This Centre is being organised by Shri Ramananda Yogi who has attained the power of controlling some of his bodily functions to a certain extent by Yogic meditation. The Committee had decided in its very first meeting that it should not only aim at studying the therapeutic and preventive aspets of Yoga in isolation, but should study Yoga as a system seeking to achieve profound changes in the mind and nature of man. Keeping that in view the Committee feels that this Centre needs the care and guidance of Shri Ramananda Yogi to develop into a centre for training disciples in those aspects

of Yoga practices which aim at attaining a control over the functioning of the body. Shri Ramananda Yogi is prepared to take a number of disciples for such training at his centre provided he is given financial assistance for the maintenance of these disciples. He has submitted his requirements in his letters dated 4-5-1961 and 27-6-61 [Appendix V (v)] in which he has asked for a recurring grant for maintenance of 10 such trainees. The Committee feels that Shri Ramananda Yogi be provided with all facilities and financial help to develop this Centre as a first rate training Institute of Yoga. Not only will he need financial assistance for the maintenance of the trainees, but the services of a doctor with ordinary equipment to assess these trainees regularly will also be needed.

In addition, Shri Ramananda Yogi also claims to have treated a number of individuals suffering from different kinds of diseases with Yogic practices. For a scientific assessment of the same he wants to set up a hospital where such assessment can be carried out scientifically. He has already built a small building for the purpose at a cost of about Rs. 20,000 or so, for which he is reported to have got grants from some sources in Andhra State and in addition he has also taken a loan of Rs. 8,000. This Institute will be run by a Trust. The Committee recommends that he should be provided financial assistance to repay this loan for the building, and that he should also be provided the services of a trained doctor, two compounders-cum-technicians, and equipment for setting up a small Pathology laboratory for carrying out routine investigations. As pointed out above, this personnel and equipment can also be used for the assessment of trainees. With this set-up he should be able to start a therapeutic centre also where the assessment can be carried out on scientific lines.

6. Divine Life Society, Hardwar (Rishikesh).

This Society is running a small out-patients dispensary where a number of patients are treated by Yogic Practices. They have the services of trained doctors available to them and, therefore, it may be possible for them to carry out scientific assessment of the individuals treated by Yogic Practices, provided laboratory facilities could be made available to them. The Committee, therefore, recommends that initially funds be provided to this Society for setting up a small Pathology laboratory attached to the dispensary along with the services of a trained Pathologist, so that the patients being treated, at their Centre could be assessed on scientific lines. In a letter dated 10-4-61 [Appendix V(vi)] the General Secretary of the Society has agreed to the setting up of such a medical clinic at their place, and they have written to the Ministry of Education to guide them and aid them in the setting up of this clinic. If this recommendation of the Committee is accepted, the details of the equipment and personnel and other facilities to be provided to the Society can be worked out.

7. Yoga Vidya Sangham, Trivandrum.

The Committee feels that this is another Centre where possibilities for assessment of the claims of Yoga are existant. Their

records have not been kept well and there has been no medical control of the patients treated there. It, therefore, feels that financial support be provided to this Centre for developing a scientific assessment Centre. A small set-up consisting of a Pathology laboratory and the services of a doctor and technician are recommended.

8. Yogic Health Centres run by the Bharat Sewak Samaj.

The Bharat Sewak Samaj is running a number of Centres in Delhi and New Delhi where the primary stress is on the improvement of the physical and mental health of the masses. These centres are also visited by a number of individuals who come for relief of certain ailments. On their own it is not possible for these Centres run by the Bharat Sewak Samaj to set up medical clinics where assessment of these patients can be done. We are informed that the Bharat Sewak Samaj is organising Yoga Practice Centres in the vicinity of the dispensaries run under the Contributory Health Serby the Directorate of the Ministry of Health, and that it is possible for them to have a certain amount of liaison with the Contributory Health Service units. If an arrangement can be worked out for scientifically assessing those persons who are attending these Yogic Practice Centres for the relief of their ailments, certain amount of material may be available from these centres which can ultimately help in establishing the claims of the therapeutic values of Yoga. In view of that the Committee recommends that in consultation with the Ministry of Health a medical team may be organised under the Contributory Health Services which can regularly visit these Centres at different places and can arrange for the laboratory and other investigations of those individuals who are attending these Centres for relief of their diseased conditions.

9. Yoga Prasar Samiti's Yogasharam, Mandir Lane, New Delhi.

The Yoga Asharam at Mandir Lane has got its own building as well as a covered shed for practice of Yoga. The Committee was informed that Yogic practices on modern lines were organised in the Centre for general public. This Centre also takes up patients suffering from various diseases and treats them with sufficient care and attention. This Centre has not got any facilities for the medical check up or assessment of such individuals on their own and it may not be possible for this centre to immediately organise such a medical unit. The Committee was informed by the President of the Trust that later on it may be possible for them to set up a medical assessment unit also. In view of this the Committee notes that here is another good centre in New Delhi where rich material for assessing the therapeutic claims of Yoga is available. It, therefore, recommends that in collaboration with the Health Ministry a medical team of the Contributory Health Scheme can be made available for this Centre also for the scientific assessment of all patients who are attending this Centre. The medical team should have the facilities of laboratory investigations etc. available to them. If that is not workable, then financial support be given to this Centre to set up a small Pathology laboratory, and the services of a doctor and a technician be provided.

10. Shri Kodi R. N. Memorial Yoga and Nature Cure Clinic, Kankipad Post (Andhra Pradesh).

This institution has been doing quite useful work and at present it is run by a single individual. The Committee has advised the Director of the Institute to put the institution under the control of a public body and have it registered. If this is agreed to, we recommend that financial assistance be given to the Centre to set up a small Pathology laboratory and to have the services of a doctor and a technician.



CHAPTER V

SUMMARY OF THE RECOMMENDATIONS

The Committee appointed by the Government of India for evaluation of the therapeutical claims of Yogic practices sent out a questionnaire for eliciting relevant information to 71 Yoga Institutions. Based on these replies, the Committee visited 19 institutions.

- 2. The Committee has come to the conclusion, based on the visits to these centres and by study of the records maintained by them, that as the records have not been maintained on proper scientific lines, it is not possible to evaluate the various therapeutical claims made for Yogic treatment of various diseases. Lack of proper records have mainly been due to want of resources and lack of knowledge of modern methods of scientific investigations, as well as lack of trained personnel. The Committee, therefore, feels that it is very essential, that conditions be created and facilities provided for, at some of the centres for scientific evaluation and assessment of the effects of Yogic exercises, because in its view yogic practices, if done on proper lines, may help those individuals who suffer from diseases with predominant psycho-somatic disturbances.
- 3. In the light of above observations the Committee recommends to the Government of India that at 10 institutions proper facilities be provided for carrying out scientific investigations. These 10 institutions have been selected on the basis of the facilities already available with them and from the capacity and enthusiasm of the personnel of those institutions. It is very essential that the patients suffering from various diseases, who are treated by Yogic therapy, should be investigated and assessed by qualified medical personnel with the help of proper modern equipment. It, therefore, recommends to the Government of India that in all these centres investigative laboratories, having modern equipment, be set up and personnel for clinical examination provided. The Committee further recommends that at one of these centres facilities for training disciples in Yogic techniques be also made available as mentioned in the report.
- 4. Although the Committee has mainly been concerned with the study of therapeutic uses of Yoga and has based its recommendations primarily towards that end, it also is of the opinion that Yogic exercises may play an important role in the prevention of disease and maintenance of positive health. It, therefore, recommends that the medical units created at the various Yogic centres for studying the therapeutic claims of Yoga, should also direct their attention to the study of prevention of disease by Yogic exercises. This will have to be studied on a long-range basis.

APPENDIX I

COMMITTEE ON EVALUATION OF THERAPEUTICAL CLAIMS OF YOGIC PRACTICES

OUESTIONNAIRE FOR YOGIC INSTITUTIONS

- 1. Name of the institution (with complete address).
- 2. Year of Establishment.
- 3. Does the institution offer facilities for training in Yogic Exercises for maintenance of their Physical Fitness, and the fee charged per head for it, if any?
- 4. If the answer to Question No. 3 is 'Yes' kindly give the total number of persons (men and women separately) who have been regularly attending for a period of more than 6 months the classes conducted by the Institution during the last 3 years 1957-58, 1958-59, 1959-60 and up to 30-9-60 during the current year?
- 5. Does the institution provide Yogic therapy treatment to the general public and fee charged per head from the patients, if any?
- 6. If the answer to Question No. 5 is in affirmative, kindly give the information in the following proforma for the last 3 years 1957-58, 1958-59, 1959-60 and up to 30th September, 1960 for 1960-61.

Year 1957-58.

Name of the disease	Number of persons treated	No. of persons who responded to the treat- ment favour- ably		Does the institution maintain any arrangement for a follow-up of the treatment given to the patient? What are the results thereof?	Remarks
1	2	3	4 4	5	6
(1)					
(2)					
(3)					

Please use separate sheet for each year.

- 7. Has the institution done any research work on Yogic Therapy? If so, five copies of the published or unpublished work may be submitted along with this Questionnaire.
- Any other useful information highlighting the activities of the institution, their nature and scope which the institution may like to bring to the notice of the Committee.

Director/Head of the Institution.

APPENDIX II

LIST OF YOGIC INSTITUTIONS TO WHOM THE QUESTIONNAIRE ON EVALUATION OF THERAPEUTICAL CLAIMS OF YOGA WAS ISSUED

- 1. Adhyatmik Vikas Mandal, Quilon (Kerala).
- 2. Arogya Yogasana Salai, No. 10, Subbanchari Lane, Bangalore-2 (Mysore)-
- Avadhuta Nature Sanatorium, Patmata Lanka, Vijayawada-2 (Andhra Pradesh).
- 4. Athma Yoga Janana Sabha, Ambattur, Post-Chingolepet, Madras (Madras).
- 5. Arogya Mandir, Itwari, Nagpur (Maharashtra).
- 6. Amreshwar Mandir, Rani Talab, Jammu (Tawi) (J & K State).
- 7. Divine Life Society, Rishikesh (U.P.).
- 8. Eternal Yoga Temple, Swarg Mandir, Mhow (Madhya Pradesh).
- 9. Government Yoga Centre, Chandigarh (Punjab).
- Kaivalayadhama S.M.Y.M. Samiti, Scientific Research Department and Yogic Hospital, Lonavla, (Poona) (Maharashtra).
- Kaivalayadhama I.C.Y. Health Centre, 43, Netaji Subhash Road, Bombay-2 (Maharashtra).
- 12. Yoga and Health Training Centre, Annakothi Street, Fort, Trivandrum-1 (Kerala).
- Kriya Babaji Library, Trust, Press & Babaji Yoga Sangh, No.3, Dr. Alagappa Chettiyar Road, Vepery, Madras-7 (Madras).
- 14. Malabar Yoga Centre, Adrra, Purulia.
- 15. Patanjali Yogasana Abhyasa Nilayam, Kumbakonam,
- R. N. Memorial Yoga and Nature Cure Clinic, Swetchhanger, Kankipad (Post), Vijayawada (Andhra Pradesh).
- 17. Prabhu Ram Yoga Sadhana Asharam, Kudsia Ghat, Bela Road, Delhi-6.
- 18. Ram Tirtha Yogasharama, Dadar, Bombay-14 (Maharashtra).
- 19. Shri Swami Bhadra Asharam, Surat (Maharashtra).
- 20. Shri Swami Yoga Asharam, Kesar Ganj, Ajmer (Rajasthan).
- 21. S. I. Yogasan Centre Institute, Yoga Samaj, Yadalur (S. Arcot).
- 22. Shri Ramarajayaseva Sangam, Vizayakapattam-1.
- 23. Simco Yogasan Asharam, Sivakashi (Distt. Ramnad).
- Shri Yoga Sadhana Niketan Asharam, Baghichi Chettan Das, Near Red Fort, Delhi.
- 25. Shri Aurovindo Asharam, Pondicherry (Pondicherry).
- 26. Shri Anandasharam Yogashala, Salem (Camp) (Madras).
- Shri Swami Ram Tirath Yoga Prakriti Asharam, Ramaraja Nagar, Vijayawada (Andhra Pradesh).
- 28. Sitaramanjanana Yoga Vyayam Sangam, Satyanaraina Puram, Vijayawada-2 (Andhra Pradesh).
- 29. Umrai Guru Ka Madh, Suraj, Post Alandar, Udaipur (Rajasthan).
- 30. Vishwayatan Yoga Asharam, 1, Jantar Mantar Road, New Delhi.
- 31. Yogabhyasa Mandal, Nagpur (Maharashtra).
- Ghanaguru Yogasana Salai, 45, Sivasamipuran Ludur, Rama Krishna Road, Salem-1 (Madras).
- 33. Yoga Abhyas Ashram, Meena Bazar, Sonepat (Punjab).

- 34. Yoga Health Centre, B.S.S. 4/6, Government Industrial Housing Scheme. Khatipura Road, Jaipur (Rajasthan).
- 35. Yoga Kendram, Big Bazar, Palghat (Kerala).
- 36. Yoga Sadhana Ashrama, Sidhgupha, Agra (U.P.).
- 37. Yoga Vidya Peeth, P.O. Patiala (Distt. Krishna) (Andhra Pradesh).
- 38. Yoga Abhyas Asharam, Rohtak (Punjab).
- 39. Yoga Asharama, Mandir Lane, Reading Road, New Delhi.
- 40. Yoga Centre, Chandigarh (Punjab).
- 41. Yoga Asharama, Batala (Punjab).
- 42. Yoga Sadhna Asharama, 2554, Chhippi Bara, Delhi.
- 43. Yogabhyasi Mandal, Near New Park, Nagpur (Maharashtra).
- 44. Yoga Sadhna Ashram, Simla (Punjab).
- 45. Yoga Sadhana Ashrama, Ahmedabad-6 (Gujarat).
- 46. Yogic and Physical Culture Institute, Chitardrug (Mysore).
- 47. Yogabhiyas Ashram, Kankhal (U.P.).
- 48. Municipal Physical Culture Centre, Coimbatore (Madras).
- 49. Vysya Vyyam Sangham, Guntur (Andhra Pradesh).
- 50. Yogasana Dekapajirchi Salai, Paramakudi (Distt. Ramnad) Madras.
- 51. Yoga Sadhna Ashrama, Cheharata (Amritsar) (Punjab).
- 52. Yoga Vidya Samwardhak Mandal, Kadam Kuan, Patna (Bihar).
- 53. Yoga Physical Culture Society of India, Delhi-9.
- 54. Yoga Association, Chandigarh (Punjab)
- 55. Yoga Institute, Santa Cruz, Bombay (Maharashtra).
- 56. Yoga Mahavidyalaya, Opera House, Bombay-4 (Maharashtra).
- 57. Yoga Sadhana Asharama, Vile Parle (East) Bombay (Maharashtra).
- 58. Shivananda Math, Umachal Hill, P.O. Kamkhya (Assam).
- Yoga Health Deptt., Bharat Sewak Samaj, Theatre Communication Buildings, Connaught Circus, New Delhi.
- 60. Yoga Vidya Sangham, Trivandrum (Kerala).
- 61. Yoga Research Institute, Alampuram (Distt. W. Godaveri) (Andhra Pradesh).
- 62. Shri E. K. Padmanabhan, Yogasana Specialist Nature Curing Centre, Madura, Voyal P. O., Via Ambathoor (Madras).
- 63. Yoga Mandir Wadala-31 Bombay (Maharashtra).
- 64. Shri Venkataray Vysya Vyayam Sangham Masulipatnam (Krishna Distt. (Andhra Pradesh),
- 65. Yoga Institute of Psycho-Physical Therapy, Model Eye Hospital 2-F. Lajpat Nagar, New Delhi.
- 66. Yogasana Alaya, West Mambalam, Madras 17 (Madras).
- 67. Shri Valmiki Asharam, Thumbur P.O. Chittor Distt. (Andhra Pradesh).
- 68. Yogi K. Munivasulu, Kannigaripair (Post), Chengulput Distt. (Madras).
- 69. Yogoda Satsanga Society of India, Woodfield, Simla-5 (Punjab).
- 70. Arogya Yoga Asharam, Thondiarpet, Madras-21 (Madras).
- 71. Prakritik Chikatsalya, Gandhi Nagar, Jaipur.

APPENDIX III

Si. No.		Visited by	Date
	Vysya Vyayam Sangham, Agrataram, Guntur.	Dr. B. Narayana	12-11-60
2	Kaivalayadham Ishwardass Chunilal Yogic Health Centre, 43, Netaji Subhas Road, Bombay.	By all members	27-12-60
3	Shri Ramtirth Yogashram, 27, Crescent Square, Street No. 2, Dadar Bombay.	Ditto.	27-12-60
4	Kaivalayadham Shreeman Madhva Yoga Mandir Samiti, Scientific Re- search Deptt. and Yogic Hospital, Lonavla (Poona).	Ditto.	28-12-60
5	Yoga Institute, Santa Cruz, Bombay .	Ditto.	29-12-60
6	Yoga Abhyasa Mandal, Nagpur	Ditto.	30-12-60
7	Arogya Mandir, Nagpur City	Ditto.	30-12-60
8	Arogya Yogashram, 216, Thiruvettri- yur High Road, Thondiarpet, Mad- ras-21.	Dr. B. Narayana Dr. S. S. Misra and Dr. V. Narayanaswami	13-1-61
9	Yoga Vidya Sangham, Trivandrum .	Dr. S. S. Misra and Dr. V. Narayanswami	17-1-61
10	Yoga Health Training Centre, Trivan- drum.	Ditto.	17-1-61
11	Shri Kodi R. N. Memorial Yoga and Nature Cure Clinic, Kankipad Post (Andhra Pradesh).	Dr. B. Narayana and Dr. V. Narayanaswami	13-3-61
12	Shri Yoga Abhyas Asharam, Kankhal (U.P.).	Dr. S. S. Misra Dr. B. K. Anand Dr. V. Narayanaswami	1-1-61
13	Divine Life Society, P.O. Shivananda- nagar, Rishikesh (U.P.).	Ditto.	1-4-61
14	Shri Yoga Sadhan Ashram, Riy. Road, Rishikesh (U.P.).	Ditto.	1-4-61
15	Prakritik Chikistalaya, Gandhinagar, Jaipur.	Dr. B. K. Anand	22-4-61
16	Yoga Research Institute, Alampuram (West Godavari Distt.).	Dr. B. K. Anand	2-5-61
17	Bharat Sevak Samaj Yoga Health Centres, Pandara Road, New Delhi and at Delhi Cloth Mills, Delhi.	Dr. V. Narayanaswami Dr. S. S. Misra and Dr. B. K. Anand	8-5-61
18	Yogashram, Mandir Lane, New Delhi.	Ditto.	9-5-61
19	Vishwayatan Yoga Ashram, New Delhi	. Ditto.	9-5-61

LIST OF YOGIC INSTITUTIONS VISITED BY THE COMMITTEE

APPENDIX IV

CONSOLIDATED STATEMENT OF THE DATA RECEIVED FROM THE INSTITUTIONS IN REPLY TO THE QUESTIONNAIRE

PART I

IF THE INSTITUTION OFFERS FACILITIES FOR TRAINING IN YOGIC EXERCISES FOR MAINTENANCE OF THEIR PHYSICAL FITNESS, TOTAL NO. OF PERSONS REGULARLY ATTENDING FOR MORE THAN 6 MONTHS

[
Si. No.	Sl. Name of the Institution & No. Year of Establishment	1957-58		1958-59 7 1959-60	1960-61 (up to 30-9- 60)	Whether the Institution has done any research work on Yogic Therapy	Other information supplied by the Institution
-	2	3	4	5	9	L	8
-	Divine Life Society, P. O. Yogic Therapy Treatment Provided to Public. Shivanandnagar, Rishikesh (U.P.).	O. Yogic	Therapy Trea	tment Provider	d to Public.	No.	(i) Plans to run a regular hospital for chronic disorders, with 25 beds from the first week of December, 1960. (ii) Samiti has a special advantage in having a well-equipped scientific Yogic Research Laboratory. The Yogic Therapeutical Deptt. when developed will have close cooperation with this Laboratory. (iii) Samiti has taken up compilation of Yogic Encyclopaedia under its Philosophic Literary.
(1	2 Kaivalavadham Shreem	an No. H	las a proposal	Shreeman No. Has a proposal to develop Yogic Therapy.	wic Therapy.		Research Deptt.

2 Kaivalayadham Shreeman No. Has a prop Madhava Yoga Mandir Samiti, Scientific Research Deptt. & Yogic Hospital Lonavia, Poona. (1924).

			_				
Facilities for Yogic therapy & Yogic Physical Culture available to public under qualified personnel : each person receives individual attention.	The Ashram has 8 branches in the country and 5 Centres at Delhi. A Yogic teachers training Institute also being set up at Katra V. Devi (Jammu & Kashmir).			The institution has listed a number of suggestions for Yogic research.			Also naucted research on dietetic principles published in "Khadya Neeti" in Bengali a part of which included in the Ashram's publication Yogic Therapy.
ÖZ	Suksham Vyayam a publication of the Yoga Ashram based on the research work of the founder.	Yes. Has evolved Modern Yoga therapy as a result of 40 years' experience.		No.	Yes.		Yes.
(52)	(1400)	(10)	327*	387 (110)			
(63)	48500 (2500)	(15)	(30)	(96)	(205)	195 (Children)	About 100 men and women every month.
(69)	(5400)	145	(35)	(70)	432 (197)	130 (Children)	n and wome
(31)	(4200)	13	(11)	(20)	380 (180)	120 (Children)	
3 Ishwardas Chunilal Yogic Health Centre, Bombay. (1932).	4 Vishwaytan Yoga Ashram, New Delhi (Hqrs. K. V. De- vi) (J. & K. State). (1940).	5 Yoga Institute, Santa Cruz, Bombay. (1918).		6 Yoga Vidya Sangham, Tri- vandrum. (1949).	7 Yoga Research Institute, Alampuram (West Godavari Distt.) (1952).		8 Shivanand Math Umachal Hill Kamkhya (Assam). (1928).
4—3 M. of	Edu./62						

*Those who attended for less than six months.
Nore,—Figures given in brackets in columns 3 to 6 indicate women included in the total.

	ted by the in	t on a comorethous and proceedings and proceedings and procedured to the object of the	on is to popula- l the knowledge ic methods and s of health and	paid to pre- wever, a num ed.		printing stanc oga scripture:	•	on Naturop ure delivered sonalities f India and II. Ramatiriline, is publis
∞	The training imparted by the insti-	tution is based on a combina- tion of Yogic methods and prin- ciples of Avurveda; the object	of this institution is to popularise and spread the knowledge of simple Yogic methods and Ayurvedic rules of health and hygiene.	Greater attention paid to preventive aspect. However, a number of diseases cured.		The institution is printing standard size etemal Yoga scriptures.		Regular lectures on Naturopathy Vedanta etc. are delivered by prominent personalities from every part of India and by Director himself. Ramatirth, a monthly magazine, is published in Hindi.
7	Ño.			Yes.	J. J	Yes. As the work is allembracing for all without limitation, no records kept.	No research work with proper record. It was only observed as a remedy for some diseases.	Done some research work. One book Umesh Yoga Dar- shan published by the Director.
9	20	(10)	*150	are report- e Ashram,	2 2	P2-12	indreds of ere are 72. addies also practice is	- 6
5	25	(6)	*150	er of people a raining at the ned.	30	cord is kept. I rough daily d	at present the provided be training:	months conti
4	25	(10)	*150	a large numb en receiving t been maintai	29 (4)	led but no red nd guidanceth	trained and trained sould lilities could leward to have lays in week	No body attending for 6 months continuously. 11 155 153 11 (1) (24) (22) (22)
e	25	(12)	*150	Although quite a large number of people are reported to have been receiving training at the Ashram, no record has been maintained.	30	Facilities provided but no record is kept. No classes. Instructions and guidance through daily discussions. No fee.	Yes. Providing facilities for training. Hundreds of persons were trained and at present there are 72, If further facilities could be provided ladies also will come forward to have the training: practice is given for 6 days in week.	No body at 11 (1)
	Nagpur			ndir Lane, 4).	Salai, No. ri Lane,).	ple, Swo- now. (Ma- 1938).	., Abyasa ra-Abyasa ım. (1949).	a Sadhan m Marg, tt, Delhi).
7	Arogya Mandir,	(1550).		Yoga Ashrama, Mandir Lane, New Delhi. (1924).	Arogya Yogasana Salai, I 10. Subbannachari La Bangalore. (1950).	Eternal Yoga Temple, Sworang Mandir, Mhow. (Madhya Pradesh). (1938).	 Patanjali Yogasana, Abyasa Nilayam Chakra-Abyasa Urai Kumbakonam. (1949). 	Prabhu Ram Yoga Sadhan Ashram, Ashram Marg, (Opp. Kudsiaghat, Delhi). (1955).
	Arogya	Š Š	ı	Yoga A New	Arogya 10. S Bang		Patanja Nila Urai	ቯ
-	و			10	==	12	()	4

	Yoga classes conducted. 'Yoga Bishak' Diploma awarded to suc- cessful candidates.		The course necessary for keeping fit is generally for No specific reply given. It has been stated that selected about a month or two. Therefore the question of over six months staying does not arrive. After that people do it regularly at their homes. People do it regularly at their homes. peutical value of the Yoginnethods.	
Conducting one month training classes for men. Published some leaffets There are only fifteen men who attended the classes on Yogasanas. for more than six months.	ï		No specific reply given.	
r men. eclasses	(9)		ally for tion of ter that	ided for
onducting one month training classes for men. There are only fifteen men who attended the classes for more than six months.	330		ne course necessary for keeping fit is generally for about a month or two. Therefore the question of over six months staying does not arise. After that people do it regularly at their homes.	cilities are prov
month tra fteen men six month	388 (4)		ary for kee or two. Th staying de gularly at	is. Full fa
Conducting one 1 There are only fi for more than 8	(3)		The course necessary for keeping fit is ge about a month or two. Therefore the gover six months staying does not arise, people do it regularly at their homes.	About 250 persor Yogic exercises
 Shri Ramtirth Yogashram 27, Viscount Square Street, No. 2, Dadar, Bombay 14. (1934). 	 Shri Swami Rama Tirtha Yo-ga Prakriti Ashram, Ramarajanagar, Vijawada. (1950). 	17 Gnanaguru Yogasana Salai, 45, Siva Swampuram Pu- dur Ramakrishna Road, Salem. (1948).	18 Shri Yoga Abhyas Ashram, Railway Road, Sonepat, and Meena Bazar, Sonepat. (1954).	19 Yoga Health Centre, Bharat About 250 persons. Full facilities are provided for Sewak Samai, Govt. Indus-Yogic exercises. trial Housing Scheme, Jaipur. (1957).
•			•	

The instructor Shri Yogiraj V. Subramania
Bua has made researches on his person on the efficacy of Yoga Asanas, Mudras, Bardha (Kriyas), Shad Kriyas and Pranayam and is ex-Yes. Instructions given free of charge every morning. Viewing with spiritual aspect. Instructions imparted for maintenance of physical and mental fitness. Average 25 persons in the Kendram. Women are instructed in their respective residence. Present strength of regular attendance 15 to 20 including instructions given to women in their houses.

Yoga Kendram, Paighat, Paighat Post, Paighat Distt, Kerala. (1957).

20

Nore—The figures given in brackets in columns 3 to 6 indicate women included in the total.

periencing immense benefit.

ος.	A selected number of patients rejected by big hospitals may be given to show the therapeutical value of Yoga.	The institution holds regular special summer classes for one month wherein lectures are given by Doctors on Anatomy and physiology and on Yogic Culture and dietetics by experts in those subjects for the benefit of the trainees. The institution which has framed a course of studies for the 1st and 2nd year students includes in its curriculam Asanas, Yogic Kriyas and a few Pranayams without Kumbhak. The students me awarded the certificate of the institution after they are successful in the tests conducted by it.		ω
7	No specific reply gi- ven.			Research work was done on a patient viz. Shri S. A. Gani, Deputy Commissioner, Chitradurga, aged 55 years who was suffering from chronic Gastric trouble. He was given
9		90 (0)	ing the clas-	No information.
w.	e course necessary for keeping fit is generally for about a month or two. Therefore the question of over six months regular attendance does not arise. After that people do it regularly at their homes.	(0)	gularly attend titution.	. (10)
4	cessary for ke th or two. T oths regular a cople do it re	ह ७ स्थान जयन	men and 5 women are regularly a ses conducted by the institution	8)
, w	The course necessary for keeping fit is generally for about a month or two. Therefore the question of over six months regular attendance does not arise. After that people do it regularly at their homes.	(0)	18	(10)
	Shri Yoga Abhyas Ashram, Rohtak. (1951).	Yogabhyasi Mandal, Nagpur. (1951).	 Yoga Sadhana Ashram, Ah- medabad. (1936). 	Yogic and Physical Culture Institute, Chitradurga (Mysore). (1935).
-	21	22	23	24

asanas and breathing exercises for a period of 3 months. The patient improved.	7	Jyott rarkasantivett, published.	0 110 132 60	. oN 8 8 0o.	(2) (1) (1)	Yes. No fee is charged. There are no women. Thou- No. But some books sands of men received training in this institution so far. At present there are about 30 to 40 men, who are receiving training in Yogic Exercises. There is no need to conduct classes every year for all: the said candidates regularly attend the institution to receive training.	Yes; annual fee Rs. 3 per head. 77 87	e charged	3) (19) (26) (29)	ee charged. 27 27 260 ···	
	The institution maintenan	therefore for regula Such train and their	120	4	(2)	S **	Yes; annual 61	Chha-Yes. No fee charged. 5).	(13)	Yes. No fee 127	
	25 Shri Yoga Abhyas Ashram, 1 Kankhal. (1952).	Shri Yoga Sadhan Ashram, Rly. Road, Rishikesh (U.P.). (1929).		26 Municipal Physical Cultural	Willy , Comparote , (1992).	Vysya Vyayam Sangham, Agrafaram, Guntur-1. (1927).	Yogasana Dega Payirchi Y.Salai, 12/129, Vedanta / Math Street, Parmakudi, Ramnad Distt., S. India. (1940).	Yoga Sadhan Ashram Chha- ratta, Amritsar. (1935).		Yoga Vidya Sawbhardhak Yes. No fee charged Mandal, Patna. (1954).	

Note.—The figures given in brackets in columns 3 to 6 indicat women included in the total.

1	, N	ю	4	**	9		∞
31	Yoga Mahavidyalaya, Opera House, Bombay. (1938 U.S.A.). (1940 India).	Yes. Rs.15 F	Rs.15 per month charged as fee 40 44 43 (14) (17) (15)	rged as fee. 43 (15)	s fee. 43 Nil information. 15)	Yes. No details or Literature furnished.	This institution treats the whole man (Body-mind-soul) through the Ashtang Raj-Yoga and its Pranasa, Yoga Vigyan System as evolved by its founder and Director.
32	Yoga Health Deptt., Bharat Sevak Samai, Connaught Circus, New Delhi. (1952).	Yes. Yoga Health Centres have been organised in Delhi and in other places where training in simple Yogasanas and other Yogic practices is imparted. No fee is charged. During the last nine years more than 10000 people of all classes have attended our Yogasanas Centres. Out of them 200 were ladies and the others gents. Some of them have been regularly attending for years while the others come only when they find convenient. Altogether 45 Centres have been organised.	ss. Yoga Health Centres have been organised in Delhi and in other places where training in simple Yogasanas and other Yogic practices is imparted. No fee is charged. During the last nine years more than 10000 people of all classes have attended our Yogasanas Centres. Out of them 200 were ladies and the others gents. Some of them have been regularly attending for years while the others come only when they find convenient. Altogether 45 Centres have been organised.	where training to practices it practices it the last nine lasses have a confirm 200 ne of them cars while to convenient.	rganised in simple is imparted. years more triended our were ladies have been the others Altogether	Research has been based on through results on actual practices and not through laboratory tests for which no facilities exist.	
33	Yogada Satsanga Society of India, Simla Branch, Wood- field, Simla. (1957).	Yes, but not as a regular feature. Training in Yogassanas and other Yogic techniques imparted through experienced monks 2 or 3 times a year, generally free. Training arranged in local educational institutions and training classes held for short periods (8 to 10 days) at a time.	es, but not as a regular feature. Training in Yogasanas and other Yogic techniques imparted through experienced monks 2 or 3 times a year, generally free. Training arranged in local educational institutions and training classes held for short periods (8 to 10 days) at a time.	ture. Trainir techniques s 2 or 3 time ged in local asses held fo ime.	is imparted in Yoga- is imparted a year, ge- educational or short pe-	ż	The society maintained library of about 600 books nearly on self elevating subjects e.g. Raj Yoga, Yoga for Health Culture, Natural Hygiene (including nature cure) Moral re-armament etc. and is planning to develop it into a fulfledged Library on all Yoga subjects and other philosophical subjects both for research and general reading purposes by members and others.
34	Yogasana Alaya, 'No. 1-B Subramaniam Street, Madras—17. (1940).	Yes. No fees charged. 12 (Women are given separate training in their respective homes since there is no provision for the same at the institution).	ss. No fees charged. 12 10 70men are given separate training in their respective homes since there is no provision for the same at the institution).	10 aining in the rovision fort	ir respective he same at	:	

			27			
				Yes. Research conduc- Specialised in the training of Asanas ted on Cancer, Kriyas, Pranayams and body-Asthama & T. B. bending. Achieved success in living in the lowest and the highest temperature through Pranayams.		
		Done some research work on Yogic Therapy. The Government of Kerala has recognised the system of this Yoga treatment as a part of Ayurveda as a result	Jan .	Yes. Research conducted on Cancer, Asthama & T. B.	Yes.	No.
No information supplied.	Yes. No fees charged. 60 Boys and Girls and more than 200 people visiting weekly.	Yes. No fee charged. 60 62 formation (0) (3) (3) supplied.	Yes. No fee charged. Voluntary payments accepted. 252 153 (48) (45) (52) (28)	On an average about 20 persons attending the Yogic Training Classes. No fee charged. But voluntary donations accepted. Fee charged in chronic cases according to capacity of the patient.	Yes. No fee charged. 515 440 (20) (15) (40)	An organised programme of Yogic training not taken up so far. Yogic training, however, imparted as a part of Nature Cure treatment.
35 Shri Valmiki Ashrama Thum- bur (P.O.) Chittur, Distt. Andhra Pradesh. (1959).	 P. K. Padmanabhan, Yogassana Specialist, Nature Curring Centre, Madurawyal P.O. via Ambathoor. (1959). 	37 Yoga and Health Training Centre, Trivandrum. (1934).	38 ShriKodi Rai Memorial Yoga and Nature Cure Clinic, Kankipad Post. (Andhra Pradesh). (1942).	39 Shri Yoga Sadhan Niketan Ashram, Near Red Fort, Delhi. (1949).	40 Yoga Physical Culture Society Yes. No fee charged. of India 148-Gupta Colony, 320 Delhi-9. (1948).	41 Prakritik Chikitsalaya, Bapu Nagar, Jaipur. (1950).

Note.—The figures given in brackets in cols. 3 to 6 indicate women included in the total.

_	. 7	e	4	٧n	9	7	∞
42	42 Arogya Yoga Ashram, Thon-diarpet, Madras-21. (1945).	About 1200 I ing in Yog persons at physical fi exercises a	bout 1200 persons reporte ing in Yoga from 1957 i persons attend 10-20 of physical fitness and su exercises at their homes.	ted to have red to Sept. 196 classes at the subsequently s.	Thon- About 1200 persons reported to have received training in Yoga from 1957 to Sept. 1960. Generally persons attend 10-20 classes at the Ashram for physical fitness and subsequently continue the exercises at their homes.	No.	A publication Deptt. Kumar Nilayan is attached to the Ashram. Books on Yogic treatment in Tamil language published.
		Yogic Thera of Rs 10 however, 1	py also prov per head c provided to	ogic Therapy also provided to the patien of Rs. 10 per head collected. Free tr however, provided to the poor patients.	Yogic Therapy also provided to the patients. A fee of Rs. 10 per head collected. Free treatment, however, provided to the poor patients.		
	Note.—Figures given in bracket	brackets in Cols. 3 to 6 indicate women included in the total.	6 indicate w	omen include	d in the total.		

CONSOLIDATED STATEMENT OF THE DATA RECEIVED FROM THE INSTITUTIONS IN REPLY TO THE QUESTIONNAIRE

PART II

r .																					1
 af E					1957-58		١		-	1958-59				1959-60			194	1960-61 (Up to 30-9-61)	Up to	30-9-61	
ಶ2್ಲೆ du/62	Name of the Institution	List of Diseases Treated	No of No. of Whe- per- per- ther sons sons sons Follow trea-resp- up ted onded onded treat- fayou- unfa- ment rably voura- given by	No. of No. or	No. of Whe- per- ther sons Folloy resp- up onded treat, unfa- ment voura- given bly		Resu- N It of 1 It own up treatment	Vo. of No.of pers- pers- ons ons treat- responded favored favored by	No. of N pers- r ons resp- r onded or favo- r favo- bify ura- fa	No. of V pers- 1 ons lresp- lo onded tr un- n favo- g urably	No. of No.of No. of Whe- Result pers- pers- incr of ons ons ons Fol- Follow treat- resp. resp. loss. public davo. uu- ment ment biy urably urably urably	No.of per-		No.of No of per- per- sons sons resp- resp- londed onded davo un- urably favo- urably favo- urably	Whether Follow up I treatment given		No.of per- sons treat- ed	No. of No. of Whe- pers- pers- ther ons ons Fol- resp- resp- low up onded onded treat- favo- favo- urably favo- given	No, of persons resp. is onded the mn-tayon travorurably	Whe Firet Follow up treatment given	Result of Fol- low up treatment
-	2	3	4	25	9	7	20	6	10	11	12 13	3 14	4 15	9 2	5	18	19	20	12	22	ผ
	Divine Life Society, P.O. Shivanand Nagar, Rishi-kesh.	,	o _N	YOG	IC TH	ERAPY	TREA	TME	VT PR	OVIDE	NO YOGIC THERAPY TREATMENT PROVIDED TO PUBLIC	BLIC 	ı								
74	124		OX	YOGE	C THE	RAPY	TREA	IMEN	T PRC	VIDE	NO YOGIC THERAPY TREATMENT PROVIDED TO PUBLIC	BLIC									
	(Poona).	Respiratory Diseases.	261	249	12	न ज		200	186	п	3)	#	137 119	9 18			25	74	-		
		Alimentary Discases.	314	299	15	यते		251	213	33		7	166 147	7.			33	36	m		
		Circulatory Diseases,	24	53	7		-	22	19	60	3		16 1	15 1			и	Ŕ	:		
m	3 Ishwar Dass Chunilal Yogic Health Centre, Bonnav.	Metabolic Diseases.	166	142	4		No specific information supplied.	225	178	.	No specific information supplied.		189	5 5	35 No specific information supplied.	No specific information supplied.	45	4	-	No Specific information supplied.	secific lation ed.
		Filrositis & Rheumatic Diseases.	36	31	'n			38	35	ea	:		29 2	36 3			4	4	:		!
		Psychic & Nervous Diseases.	. 92	&	12			85	76	σ			55 4	46 9	_		۲	9	-		
		Miscellaneous Diseases.	122	108	7			86	93	9		- ,	2 96	73 23	_		12	12	:		
		Menstrual Dis- eases.	. 17	13	4			ę	14	1		:	;	:			:	·:	:		
		Uterine Diseases.	4	4	0			26	22			:	:	:			:	:	:		

5-3 M, of Edu/62

	Vishwa: ram, Devi. 1	Yoga Cruz,	Yoga Trivan															
7	Vishwayatan Yoga Ashram, Katra Vashaav Devi. (J & K).	Yoga Institute, Santa Cruz, Bombay,	Yoga Vidya Sangham, Asthma															
EO.	Piles. Dyseutery. Constipation Asthana. Diabetes,		Asthma .	Acute pharyngitis and tonsil-	Gas troubles .	Blood Pressure	Acute Headache	Dyspepsia .	Skin troubles (Burning of body).	Pain in the Back bone.	Piles	Diabetes .	Acute cough & cold (common cold).	Constipation .	Rheumatic com- plaints.	Nervous disabi- lity.	General debility	Acreta Drough;
4	Treatir Dell		10	7	4	14	7	4	1		-	æ	· en	4	7	æ	-	
ۍ	nent of hi. Re		10	7	4	N	7	*	-	7	-	m	6	4	7	3		
و	fered w		:	:	:	4	Mari	1440	শ্বৰ	:	:	:	:	:	:	:	:	
7 8	Treatment offered with favourable results. No record available. The Asharam Organised a camp for Diabetic Patients at Jaipur and Delhi. Report submitted by the Yoga Asharam.	Kind)				Yes favour-	4 OIE.			
6	le result the You	Kindly see Annexure IV (i)	۲	:	m	7	1	5		2	4	7	н	:	33	:	:	•
10	ts. No	Annexu	7	:	6	7		3		-	4	7	2	;	က	:	:	٠
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12	availab	æ		•	4	3		2		1								
13	le, The						. 5		S)									
±	Ashan		4	:	•	(1	æ	10	:	:	S	S	:		60	e	40	
15	am Ori		4	:	6	7	ĸ	9	:	:	S	Ś	:	m	m	æ	٠,	
16	ganised		:	:	:	:	:	:	:	:	;	:	:	¥ :	:	:	:	
17 18	d Camp													Yes favou-	rabie.			
61 8	for Dial		ø	:	~	(1	-	11	• •	:	•	•	•	٠.•	•	••	•	
8	 Detic Pa		**	:	**	~	_	=	-	:	•	_		60	_	γ, vo		
21	atients		;	:	:	:	:	:	:	:	:		:	:	:	:	:	
77	at Jaip													X.	e E			
23														Y.s favor-	ō.			

: : :	: 1 1.			640 556 84 No specific Information not supplied, reply given.			Although a number of diseases have been cured, the Ashram mainly concentrates on the preventive aspect of Yoga.	Year-wise break-up not made available. 16 persons reported to have been treated out of whom 14 responded favourably.	been furnished.	LABLE					No specific information furnished. About 20000 reported to have been treated by Yogic Therapy.
	:	:	:	0 486 34 No specific	about 3000 4000	ovided.	we been cured, the Ashram	ilable. 16 persons reported to	No figures regarding the numbor of persons treated etc. have been furnished	NO FIGURES MADE AVAILABLE DO DO	Do,		DO		ttion furnished. About 20000
:	:	:	:	85 No specific 520 reply given.	No year-wise break up furnished. Total number of persons treated Responded favourably Responded unfavourably Follow up treatment	No treatment in Yoga Therapy provided.	a number of diseases ha	orcak-up not made ava	s regarding the number	::: :::	: :	:	:	:	No specific informs
:	:	:	:	325	year-wi oral num esponde esponde ollow up	o treatm	lthough	ear-wise	lo figure.	277	61	10	100	26	
:	:	:	:	• FEO	ZE**E	Z	∢		Z	5.44	۰.	. 18	00 u	. 26	% 1
Palpitation of Heart.	Kidney trouble	Chest Pain .	Chronic Seminal Discharge.	T.B., Rheuma- tic Pains, Indi- gestion, Ner- vous weakness. Fits, Sugar Complaints, Ge- neral Health.	Coronary Thrombosis, Blood Pressure, Heart Disease, Constitutation, Dysentry, Rheumatism.			No list of dis- cases furnished.	Do.	Asthma Piles Diabetes	Etreumthsm	Gastric Trouble	Stunic constination	Indigestion .	No specific list of diseases furnished.
				7 Yoga Research Institute, Alampuram (West Go- davari Distt). (Andhra Pradesh).	8 Slivenand Math Uma- (chal Hill, Kanakhya. (Assam).	9 Arogya Mandir, Nagpur,	10 Yoga Asbram, Mandir Lane, New Delhi.	 Arogya Yogasan Salai, Bangalore. 	12 Eternal Yoga Temple, Mhow. (Madhya Pra- desh.)	13 Pathanjali Yoga Sang Abhyasa Ndayam Kum-		•	•,	1	14 Prabhuram Yog- Sadhan Ashram, Delhi:

-	2	3	4	s.	9	7	œ	6	2	=	12	13	41	55	16	17	18 1	19	8	12	23	23
15	Ram Tirath Yoga Ash-	Asthma .	1	-	:	:	:	4	13	71	:	:	4	п	73	:	:	74	7	:		:
	iam, Dadar, Bombay.	Blood Pressure	-	***	Ξ̈	:	:	1		:	:	:	:	:	:		:		•	:	ΞZ	:
		Indigestion .	9	9	:	:	:	-	H	:	;	Z	-	-	:	:	N.	_			:	:
		Hernia .	-	-	:	:	:		-	:	:	:	=	-	:	:	:	-	1	:	:	:
		Headache .	4	4	:	:	:	∞	7	-	:	:	73	-	-	:	:	_	_		:	:
		Wind trouble.	6	90	~=	:	;	œ	9	7	:	:	m	۳	:	:	;	7	7			:
		Debility	20	18	7	:	:	21	18	m	:	:	8	15	က	:	:	13	13	•	:	:
		Diabetes	7	-	ч	:	:	:	:	;	4	:	က	C1	7	:	:	ત	14		:	:
		Constipation .	15	12	æ	:	(11	10	-		:	;	;	:	:		00	7	-	:	:
		Miscellaneous	42	36	9	संद		45	42	m			56	46	10	;	:	37	33	4	:	:
16	Swami Ramtirtha Yoga Prakriti Ashram, Vijaya- wada.					ग्मेव		M)		ž	No Information		Supplied	.								
17	Gnanaguru Yogasana Sa- Leprosy	Leprosy .	36	Apo-	Be-	न्य	ŀ	Α		Be-		à	49	Poq.	<u>.</u>	:		34 A			īZ	:
	lai, Salem.	Asthma .	29	%08 80%	% 20%	Z		57 8	7 80%	20% 20%	Z		47 8	ve low 80% 20%	20% 20%	Z	•	45 80	80% 80%	20% 20%	:	:
		Diabetes .	13	pond-	pond- pond-	:	}	27			3	;	23			:	:	23		·	•	:
		T.B	10	fa-	8 [‡] 3	:	:	11			:	:	14					\$		·	•	:
		Indigestion .	œ	ably 1	bly urably		:	7			;	:	7			:	•			•		:
		Rheumatic .	7			:	:	11			:	:	9			:	,	7		•		:
		Piles	4			;	:	4			:	:	ν,			:	•	'n		Ī		:
		Constipation .	m			:	:	ť			:	:	vo			:	•	4		·		:
		Blood Pressure	-			;	:	4			:	:	m			:	•	7		·		:
		Heart	9			:	:	7			:	:	9					9		•		:
		Gastric trouble	4			:	:	∞			;	:	7			•		9		•		:
		Misc. diseases	82			:	;	259			;	:	158			•	. 10	105		•		:
18	Yoga Abhyasa Ashram, Sonepat.	Total for all Diseases. (No detailed list furnished.)	121	%01	30%	Ž		80 7	75% 2	25%	Z		59 7:	75% 2	25%	Ž	-	14 75	75% 25	25% N	EZ	:

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226. N	19 treate	470 80% 20%
se cured	e persor	of pers
Total number of persons reported to be cural 220. No other details made available.	No record maintained in respect of the persons treated and cured.	470 80% 20% Nil 470 80% 20% Nil
ersons r	ned in e	20%
her of p	main tai	470 80% 20%
tał oum	record	470
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	सन्धर्मन जयते	%
		250 75%
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Catarih Cold Constipation Stornach trouble Loss of body weight. Indigestion Over weight Defective eyesight.	Asthma Cough Rbeumatism Piles Diabetes Gastrities Dyspepsia Chronic Head- agin. Chronic cold	All Chronic discuss. Constipation Dyspepsia Pilos Diabetes Hernia Rheumatism Disorder of Liser and Spleen. Insertive ridney
	ım, Palghat	
Yoga Health Centre (B. S.S.), Jaipur.	Yoga Kendram, (Kerala).	Yoga Abhyasa Ashram, Rohtak. Yoga Abhyasa Mandal. Nagpur.
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	8	No information of	Autol Luan											tained.	53				No information furnithed.						
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	53	14	=	12	•		Q,	'n	4	4	:	76	63	cases	126				9						
	4	14	11	12	6		6	'n	4	4	:	56	99	лу а беж	132				7					ned,	
	£1	:	:	:	:		:	:	:	E	The			No regular treatment provided; only a few cases treated but no record maintained.	7				Z					No record maintained,	
	12	:	:	:	;	ž	:	:	: (0	1			nt pro					•					scord	
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-	92	23	16	12	=		12	œ	4	w	5	30	74	ular tr	<u>5</u>				1						
	3 .	23	16	12	=		12	60	4	2	9	30	118	No reg	110				7						
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	4	16	œ	7	∞		:		4	:	5	28	53		120	<i></i>				·		_			
	63		Constipation	Gas trouble	Indigection and	loss of appe- tite.	Obesity .	Asthma	Headache .	Dysentery .	Rheumatism .	Debility .	Miscellaneous •	No regular treat- ment in Yogic Taerapy pro- vided.	Generally all diseases.	Bleeding	83	Asthma	Tonsils .	Headache	Stomachache	· ·		Asthma	Miscellaneous
		n, Cold		Š	Pul	Q.₩	Ō	Ast	He	Dy	Rh	Del	Mis				a- Fues	Ast	Tor	He	Sto	Fits	п- Т.В.		Mis
	2	Yog Sadhana Ashram,	Abmedabad.											Yegic and Physical Culture Institute, Gunitradurga, Mysore.	Yoga Abhyasa Ashram, Kankhal.	Manicipel Physical Cal- ture Centre, Theagaroya	Fudu Veedhi, Coimb					•	Vysyasa Vyayama San-	gham, Guntur.	
	-	23												4.	25	56							27		

21 Nij 68 50 18 Nij 83 65 18 Nij 877 70 17 89 Nij 182 Nij 182 Nij 169 Nij 166 109 57 Nij 1. Yes Tavo- urably, 30 30 Yes Favo- 16 16 Yes Favo- urably, anably. 1. No specific information furnished in respect of pursons treated and cured etc. About 230 persons reported to have been treated successfully. No separate breakup furnished. 1. No treatment provided by Yoga Therapy. 1. No treatment provided by Yoga Therapy. 1. No specific information furnished.	:
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50 18 34 Yes Favorite furnished in calment provide calment provide calment provide calment provide conficinfor conficinity con	:
39.1 39.1 to have to have reatine	4
573 573 milorma No t	4
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11 40 21 9 150 89 0 10 Yes About 230 No figures furnished.	:
Abo Abo	:
40 1150 10 1160 1160 1170 1170 1170 1170 1170 11	7
	<u></u> -
All General diseases. Catarth Cold and diseases. Catarth Cold diseases. Gever, Asshama Headache, Piles, Dishbetes, Dishbetes	Obesity. Piles. Constipation. Rheumatic complaints.
28 Yogasana Dega Payirchi Salui, Paramakudi. 29 Yoga, Sadhan Ashram, Caharrata, (Amritsar). 31 Yoga, Widya Savardhak Mandal, Patna. 32 Yoga Haalth Degit. (B.S. S.), New Delin. 33 Yoga Asana Aalaya, Mafras. 34 Yoga Asana Aalaya, Mafras. 35 Shri Valanki Ashraman, Irhambur, P. O., Andhra Pratsh. 36 E. K. Padmanabhan Yoganana Curiag Centre, Nature Curiag Centre, Nature Curiag Centre, Nature Anabahaor. 37 Yoga, and Health Training Centre, Irhanda.	

i -		æ	4	٠,	v o	۲	∞	6	01	=	12 1	13 14	23	16	11	*	•	Q	77	22	23
38	Shri Kodi R. N. Memo- rial Yoga and Nature Cure Clinic, Kankipad Post, Andhra Pradesh.	Asthama. Diabetes. Chronic. indigestion. Nervous weak- ness. Biood Pressure Leucoderma. Miscellaneous.	· · · · · · · · · · · · · · · · · · ·	23	.	8 Yes Favo- urably.	vo-	62	55	7 Ye	Yes Favo- urably.		84	4	4 Yes	Yes Fave- urably	*	. 8		Yes Favo- urably	Favo- urably
33	Snri Yoga Sadhan Nike- an Ashram, Near Red Fort, Delhi.	Obesity, Constipation. Indigestion. Asthama. Kidney Gall Stones. Chronic Head-ache etc.			প্রশ্ব	TOWNS .	, NE	0 recoi	å å	No record of the persons treated maintained.	us trea	ed mai	ntained	_							
04	Noga Physical Culture Society (India), 148, Gupta Colony, Dethi.	Loss of Appetitic. Rheumatism. Astharma. Defects in nerves of Eyes, ves of Eyes, & Ears. Loss of weight.		J	Comple	nplete data viz. No. of per unfavourably not supplied	viz. No ly not s	of per upplied	Sons tr	Complete data viz. No. of persons treated and those responded favourably and unfavourably not supplied.	nd thos	ie respo	nded f	avoura	bly and						
4	Prakritak Chikitsalaya, Bapu Nagar, Jaipur.	:			Yogic ti Yog folk	herapy ic thera ow up o	practise py not f the ti	d only practise	as a pa ed as su nt given	Yogic therapy practised only as a part of the Nature Cure treatment. Exclusively Yogic therapy not practised as such. No arrangements exist at present for the follow up of the treatment given to the patients	Natur arrang patient	e Cure le ements	reatme exist at	nt. Exc present	husively for the						
4	Arogya Yoga Ashram, Thondiarpet, Madras- 21.	No detailes furnished.			No sepr beer as	rrate re 1 treate well as	cord ye d since the list	arwise 1952. of dise	supplie The fi ases tre	No separate record yearwise supplied. However, 2000 patients claimed to have been treated since 1952. The figure, of those who responded favourably as well as the list of diseases treated by Yegic Therapy not supplied.	f those Yegic	who ra Theray	lients caspondes y not s	laimed od fav upplied	to have ourably						

ANNEXURE I

YOGA INSTITUTE, SANTA CRUZ, BOMBAY

Evaluation of Therapeutic Claims of Yoga

(Information supplied by the Institution)

Year 1957-58

Name of the Disease	Number of persons treated	who res- who ponded no to the resp treatment fav	f tute maintain any ons arrangement for did a follow-up of the ot treatment given ond to the patient?	Remarks
1	2	3	4 5	6
1. Anaemia 2. Asthma 3. Bradycardia 4. Bronchitis 5. Chilblain 6. Chronic Constipation 7. Colitis 8. Debility general and nervous. 9. Emphysema, 10. Flatulance Gastritis Hepatitis 11. Hypertension 12. Hypotension Cardiac insufficiency, 12A. Menorrhalgia 13. Myasthenia gravi 14. Neurasthenia 15. Neuritis 16. Obesity 17. Palpitation 18. Ptosis 19. Tachycardia 20. Psychasthenia 21. Underweight	. 1	1	Follow-up of 2, good Indirect (post), good Indirect (post), good follow-ups, good Follow-up for one Year, v. good.	Lack of facilities

^{*}As an incentive, re-examination is not charged but once the patient is better he does not care to take trouble to help follow-up. Some are distant patients who cannot come. Laboratory investigations at the cost of the Institute are carried out in some cases but there is lack of cooperation, and follow-up is not possible in all cases. Indirect follow-up means personal communications by the patients or their acquaintances visiting the Institute. Owing to the lack of funds and staff, direct follow-up cannot be maintained as at present.

1	2	3	4	5	6
Year 1958-59			······································		
Acidesis	1	1		No follow-up	٦
Allergy	i	î	• • •	Follow-up, good	1
	1	1	• •	Follow up, good	
Amnesia			• •	Follow-up, good	
Anaemia	10	10	• •	l year follow-up 7	
Anxiety Neurosis	1		not muc	ch No follow-up	
Appendicitis .	2	2		I follow-up, good	
Arrthymia .	2	2		I follow-up, v. good	1
Asthma	3	3		Follow-up 1 good.	
Blood Acidity .	5	5		2 v. fair. Follow-up, 2 good,	
Bradycardia .	2	1	1	1 fair. Follow-up, 1 good	1
Cardiac Insufficiency		8		Follow-up, 5 v. good	
Cardiac misminolency	0	0	• •	and 3 fair.	1
Cardioneurosis .	2	2		Follow-up, both very	
				good.	1
Colitis	2	1	1	Follow-up, 1 good.	}
Constipation .	5	5	9/2 9%	Follow-up, 4 good.	
Ceryza	1	~JE	- 185	Follow-up, 2 indirect,	,]
•		5 300	987 E.	good.	ĺ
Debility	4 (4		Follow-up, 2 v. good	
Diabetes	3	3	110000	follow-up, 2 good	1
(Hipogenous)	-	CESTER			}Lack c
Dilatation (Heart)	1	AND THE		Follow-up, indirect good	facilitie
Eosinophilia .	6	6	THI.	Follow-up indirect,	}
		TAIN	2007	all fair.	1
Epilepsy	1	District of the last of the la		No proper facilities	
Fibrsities .	. 1			(Indirect follow-up, good)	
Flatulance	5	5	200	Follow-up, 5 v. good	ł
Headache	ĭ	1	-	Follow-up, good	
Hypertension .	5	- 5	व जयत	Follow-up 1 year, 4	
	_			good	
Insomnia	1	1			1
Lack of Orientation	1	1		Follow-up indirect,	
				good	[
Liver Enlargement	1	1		No follow-up	1
Plural Thickening	1	1		Follow-up for short]
-				time, fair.	Ì
Ptosis	3	3		Follow-up, I good	}
Obesity	1	1		Follow-up, good	1
Neurasthenia .	3	2	1	Follow-up, 2 v. good	1
Rheumatism .	1	$\bar{1}$		No follow-up	1
Subluxation .	i	1	• •	Follow-up, good.	ŀ
Sinusitis	2	2	• •	Follow-up, 1 good.	1
Stiff Neck .	1	1	• •	Follow-up, good	}
Toxemia	1	1	• •		
	1	1	• •	No follow-up.	J
ear-1959-60	_	_		PM 11	•
Anaemia	2	2	• •	Follow-up, 2 very goo	
Atomic colon and Hernia.	1	1	• •	No follow-up N	Vo facilitie
Blood Acidity .	1			No follow-up	
Diood rividity .	1	• •	• •	TAO TOTIOM-UID	

1	2	3	4	, 5	6
Cardiac Insufficiency	3	3	••	Follow-up, 2, fair	and 1 good.
Colitis	1	1		Follow-up, very goo	_
Chronic					
Constipation . Debility—	3	3	••	Follow-up, 2 v. goo	d.
General and Nervous.	9	9	• •	Follow-up, 5 fair, 2 good.	No facilitie
Dislocation of Spi- nal disc.	1	••	1	No follow-up	
Pispensia	1	" 1		Follow-up, good	No facilitie
Enlargement of Spleen.	1	• •	• •	Result not known	
Epileptic fits .	1		1	Result not known	
Eosonophilia .	1	1		No follow-up	
Gastritis flatulance	3	3	1225	Follow-up, 1 good 1 fair	No facilitie
Hyperacidity .	1	013		Follow-up,v. Good	
Hepatic Torpor	16	i i		Follow-up, fair.	
Hypertension .	4	4		Follow-up, 2 fair 1 good.	
Hyperchlohydria	1	1	3499	No follow-up	
Gastric cattarh .	1	U a i	THE	Follow-up, good.	No facilitie
Hepatitis	1	141	243	No follow-up	
Indigestion .	1		EUA.T	No follow-up	
Neurasthenia .	1 4	1	3817	Follow-up, v. good	
Neurosis	1	ICHE PASS		No follow-up	
Neurotic Illusion	1	mhìn	व जयते	No follow-up	
Obesity	1	ed-dal	4 444	Follow-up	
Osteoarthiritis .	1		1	No follow-up.	No facilitie
Osteosclerosis .	1	1		No follow-up.	
Ptosis.	1	1		Follow-up, fair	
Rhinitis (allergy)	2	1	1	No follow-up	
Septum deviation	1	1		No follow-up	
Sinus Arrhythmia	1	1		Follow-up, good	
Underweight .	1	1	• •	Follow-up, good	
ear 1960-61 up to 30th Se	-		••	ronow-up, good	
Anaemia	2	1	1	Follow-up, 1 good	Lack of
Anxiety-fear com- plex.	2	1	••	Follow-up, 1 good	IACIIITIES
Baldness	1	• •	1	No follow-up	Lack of
Blood Acidity .	1		1	No follow-up	Lack of facilities

1	2	3	4	5	6
Cardiac					
Insufficiency .	4	2	1	Follow-up of 2 good	Lack of facilities
Debility	9	9		Follow-up, 2 good.	Do.
General and nervous					
Constipation	6	6		Follow-up, 1 v. good	Do.
Chronic					•
Emphysema .	1		1	No follow-up.	Do.
Friendreich's ataxia	1	• •	• •	No follow-up	
Gastritis with					1
Flatulance .	2	2	• •	Ditto.	Lack of facilities
Hypertension .	1	1		Ditto.	Do.
Insomnia	1		1	Ditto.	Do.
Low Blood Pressure	1	_15		Ditto.	Do.
Neurasthenia .	7	A 17		Follow-up 1. v. good	Do.
Obesity	1	1		Follow-up, good	Do.
Ptosis	1	1		No follow-up.	Do.
Rhinitis	1	WIE		Ditto.	Do.
Sinusitis	1	1		Ditto.	Do.
Toxemia	1	1.90	1 55 3	Ditto.	Do.
Tonsilities	1	1	LEDA	Ditto.	Do.

सत्यमेव जयते

APPENDIX V(i)

PROPOSALS FOR FINANCIAL ASSISTANCE SUBMITTED BY THE DIFFERENT 46 INSTITUTIONS

From

Swami Kuvalayananda, Director of Research, Kaivalayadhama S.M.Y.M. Samiti, Lonavla (Poona)

and

Director of Ishwardas Chunilal Yogic Health Centre, Kaivalayadhama, 43, Netaji Subhash Road, Bombay-2.

To

Shri R. L. Anand, Under Secretary to the Government of India, Ministry of Education, New Delhi,

Subject:—Proposals in the form of a Scheme for Promoting the cause of Yogic Therapy in particular and Yogic Physical Education in general

Sir,

Accompanying please find proposals of the two institutions mentioned above made to the Dr. Anand Committee in the light of the discussions that the undersigned and his co-workers had with the members of the Committee at the time of their visits. Although these two institutions are legally separate they are working in close cooperation and the accompanying proposals are complementary to each other and are calculated to serve the object in view far better than otherwise.

It is fervently hoped that this will find favour with the Committee and the Committee's recommendations to the Ministry or Ministries concerned will soon be communicated to the undersigned.

Yours faithfully,

Sd. KUVALAYANANDA

Director of Research

Kaivalayadhama—K.S.M.Y.M. Samiti, Lonavla
and

Director of I.C.Y. Health Centre,

Kaivalayadhama,

Encl: One Scheme

SCHEME FOR CLINICAL RESEARCH

Yogic Therapy has been in vogue for nearly half a century in this country. Even before this, the Therapy seems to have been in use amongst the followers of various Yoga schools for some centuries, as can be seen from traditional texts. At no time, however, has the Therapy been assessed objectively and its channels of action studied on a precise scientific basis. The Kaivalayadhama Institutions have so far done investigations on the physiology of some Yogic practices. This work has also been done on stray problems by a few other Governmental and non-Governmental bodies as well. But, as said above, at no time has any systematic investigations been carried out on the clinical effects of Yoga, though the Therapy has provided enough material to demand such an investigation into its claims.

The Kaivalayadhama has been carrying out, ever since its inception at Lonavla in 1924, Yogic therapeutical work. In 1932, it established a Yogic Health Centre in Bombay, which has received due recognition both from the public as well as th

Government. At present, this Health Centre is attended daily by some 500 members, males and females of all castes and creeds. Of these, nearly half are patients who suffer from various functional disorders. During the 28 years of its life, the Health Centre has collected a voluminous record of clinical data. But this record is not of much value because of lack of proper analysis and follow-up work. The Centre has not been able to do this work, for want of adequate funds and trained hands. An attempt in the past to do follow up work has to be stopped because of lack of proper response from patients. If these data were analysed judiciously and a follow-up carried out, wherever possible, it should afford a good basis for an evaluation of this therapy. It is proposed, therefore, that this work should be undertaken as a preliminary step towards an assay and evaluation of Yogic therapy.

The Health Centre, however, can only cater to patients who come and go and live their own normal work-a-day life with all its attendant stresses. This could not be taken as fair to the therapy which lays a great stress on a change in the very way of life. Only indoor treatment could afford opportunities to bring this about. With this end in view, the Kaivalayadhama, through its offshoot, Kaivalayadhama S.M.Y.M. Samiti, has started a Yogic Hospital at Lonavla which has about 24 beds. The aim in founding this Hospital is primarily to help an objective assay of the results of Yogic Therapy. There is already a well-equipped laboratory at Lonavla with X-ray, Electroencephalograph (really a polygraph) and various other pieces of apparatus for biochemical and biophysical investigations. If to this are added a few other pieces, it could make a good clinico-pathological laboratory to investigate the results of Yogic treatment on patients who attend the Hospital.

As indicated above, the Bombay Health Centre too can provide valuable material for such assessment. Though the patients attending there may not be receiving intensive Yogic treatment, the Centre could provide a number of cases of great variety and degree of disorders. These, if investigated properly, could give a good insight into the effects of Yogic treatment on patients who otherwise lead a normal life. While the Hopsital at Lonavala will not be admitting physical culturists, the Bombay Health Centre regularly admits a considerable number of these and has kept a record of their cases too. Though clinical research may primarily be concerned with results of treatment on patients, to get a deeper insight into the channels of action of the exercises, it would be advisable to also check their results on the so-called physical culturists having no manifest complaint. It is, therefore, suggested that the Health Centre too should have a laboratory of its own for such investigations. The committee has already recommended one such during its visit to the Centre. To establish unity and co-ordination between the two centres, it is suggested that the two laboratories should be under common management. The Medical Officer to be appointed at the Bombay Health Centre and the Pathologist at Lonavla could work in unison and have a common control over the clinical research work at both the Centres. This would further bring down recurring and capital expenditure, if some major pieces of apparatus and staff are also shared by the two centres. This could be easily achieved if there is a proper conveyance at the control of the Institution. The enclosures (Encls. I and II) attached herewith will give an estimate of the probable expenditure, incurred on these two units if they were to work independently and how it can be brought down by such a co-ordination between them (Encl. III).

The accommodation at the Health Centre has proved inadequate for its heavy attendance of 500 members every day. There is also a standing demand for admission and many people have to be kept on waiting list. At present, physical culturists and patients both are attended to by instructors in a common class. This is very unfair to patients who must receive more individual attention. The Centre has kept some funds earmarked for an extension of the building to provide additional accommodation and adequate facilities for treatment. It was suggested to the Committee (appointed by the Union Government under the Convenorship of Dr. Anand for assessment of Yogic Therapy) that this extension could be made really adequate enough with eparate rooms for laboratory etc. if the Government were to help the Centre with a capital grant for the same. A scheme for this extension with an estimate of expenditure is given in Encl. IV.

A Request

The Kaivalayadhama S.M.Y.M. Samiti has been receiving 75% grants for equipment and 60% for Research Buildings. It is requested that these same may be re-commended for this scheme too. It is further requested that the grant for recurring expenditure may be enhanced to cent per cent.

. ENCLOSURE I

Clinical laboratory at Lonavala

Type of Work to be Done

1.	Urine	•	•	•	•	٠	Routine examination, qualitative and quantitative chemical examination.
2.	Blood	•	•	•	•	•	Cytological, haematological and quantitative chemical examination of usual and special components.
3.	Faeces	•	•.	•	•		Routine microscopic and chemical examination.
4.	Sputum					••	Routine microscopic examination.
5.	Cerebro-fluids.	Spina	l and	other	puncti	are	Routine microscopic examination, qualitative and quantitative examination.
6	Castria	aanta		م ا میدا م		- 2	277(23)

- 6. Gastric contents analysis.
- 7. Matabolism tests. B.M.R. and others.
- 8. Function Tests. Tests for functional efficiency of organs e.g.Liver, Kidney etc. depending upon chemica examination of urine and blood. Pulmonary and Cardiac efficiency tests.
- 9. Electrocardiography.
- 10. Electroencephalography.
- 11. Roentgenology.

Special Instruments and Apparatus

Most of the costly equipment which is with the Scientific Research Department of the Kaivalayadhama S.M.Y.M. Samiti, Lonavala, at present can be made available for the clinical research and diagnostic work of the Hospital. The Department is willing to co-operate and afford facilities for clinical research provided there is a special staff to do the work. It will even be ready to help this staff in the use of the special apparatus whenever required without interfering in its normal routine work. However, the following few instruments, needed for some of the above tests, have to be added early.

No.	Name			•		Approximate cost
1	2		 			3
1	E.S.R. determining apparatus	•		•	•	100.00
2	Micro-Kjeldahl heating stand			•		600 · 00
3	Micro-Kjeldhl distillation set				•	500.00
4	Hot Air Oven (electric)					800.00
						2,000 · 00

hase ions.	6,000·00 1,500·00
	1,500.00
•	5,000.00
	2,000.00
,	14,500.00
	900·00
	150.00
	E00 00
	500.00
	900.00
1	ded

Space

The present space available in the scientific laboratory if shared, should be adequate to serve the major requirement of the clinical laboratory. However, an additional room, of about $15' \times 12'$, with some convenient sanitary arrangement added to it, will be desirable for functional tests. (There is no sanitary block in the present laboratory building).

The cost of this may approximately come to :-

5,000.00 24,050.00

The above will form the capital expenditure to be incurred.

Annual Recurring Expenditure

(a) Staff:			
(1) Pathologist (600-1000 p.m.) .			. 7,200 — 12,000
(2) Two Technicians (150-200 p.m.)	•		. 4,800 6,000
(3) One Laboratory Boy	•	•	. 1,000 — 1,500
		·	13,000 19,500

(1) Chemicals 500.00	16 252 00
(2) Glassware 300.00	16,250.00
(3) Stationery 100.00	
900.00 (1000.00 Approxm.)	1000.00
	17,250.00
Approximate Expenditure Figures at a Glance	
(a) Capital expenditure over apparatus.	19,050.00
Capital expenditure over Laboratory Extension .	5,000.00
	24,050.0
(b) Annual Recurring expenditure	
(a) Staff	16,250.00
(b) Replacement of expendible material	1,000.00
ENCLOSURE II	17,250.0
Clinical laboratory at Bombay	
Type of Work to be Done ;	
(1) Urine . Routine examination, quantitative chemical constituents.	estimation of urinar
	natological tests an
(2) Blood Routine cytological and haem quantitative chemical examinat	ion.
(2) Blood Routine cytological and haem quantitative chemical examinat (3) Faeces Routine and chemical examination	ion.
quantitative chemical examinat	ion. n.
quantitative chemical examinat (3) Faeces . Routine and chemical examination	ion. n.
quantitative chemical examinat (3) Faeces . Routine and chemical examination (4) Sputum . Routine and chemical examination	ion. n. tion.
quantitative chemical examinat (3) Faeces Routine and chemical examination (4) Sputum Routine and chemical examination (5) Gastric constents analysis.	ion. n. tion. nical examination.
quantitative chemical examinat (3) Faeces . Routine and chemical examination (4) Sputum . Routine and chemical examination (5) Gastric constents analysis. (6) C. S. Fluids . Cytological and quantitative chemical	ion. n. tion. nical examination.
quantitative chemical examinat (3) Faeces . Routine and chemical examination (4) Sputum . Routine and chemical examination (5) Gastric constents analysis. (6) C. S. Fluids . Cytological and quantitative chemical examination (7) Tests of Functions Involving chemical analysis of urine	ion. n. tion. nical examination.
quantitative chemical examinat (3) Faeces . Routine and chemical examination (4) Sputum . Routine and chemical examination (5) Gastric constents analysis. (6) C. S. Fluids . Cytological and quantitative chemical examination (7) Tests of Functions Involving chemical analysis of urine special Instruments and Apparatus:	ion. cion. nical examination. and blood.

(4) Electric Centrifuge (Up to 5000 r.p.m.) 2000—3000
(5) Refrigerator
(6) Hot Air Oven (Electric)
(7) Distilled Water Plant 1000-2000
(8) Erythrocyte Sedimentation Apparatus 100—150
(9) Counting Chambers (Two)
(10) Haemoglobinometer
(11) W. B. C. Pipettes (12) R. B. C. Pipettes (13) Hgb. Pipettes (14) Hgb. Tubes Two each 25-50 25-50 25-50 30-60
13,905—24,160 19,038.00
The following sundry items will be required in addition:
(1) Graduated and ungraduated grassware 1800
(2) Wooden and hardware material e.g. stands etc 300
(3) Chemicals, Reagents, indicators & stains 1000
(4) Furniture
(5) Stationary
(6) Books 400
5,600 24,638 00
Space: REPART STATE
The space and other conveniences will be provided by the proposed extension of the Bombay Health Centre (see Encl. IV).
Annual Recurring Expenditure: (a) Staff:—(See Encl. III for suggestions on economising on this item).
(1) Pathologist (600—1000 p.m.)
(2) Two Technicians (150—200 p.m.) 4800—6000 \(\)
(3) One Laboratory Boy 1000—1500
(4) Medical Officer *(600—1000 p.m.)
(5) Clerk (See introductory remarks) (150-200 2340-3000 P.M.) D.A.
22540—34500 28,520·00

^{(*}The appointment of an experienced senior full-time medical officer to help clinical assessment was specially recommended by the Committee during its visit to the Centre).

(b) Replacement of expendible material:

(1) Chemicals	٠	•		•			500	
(2) Glassware						•	300	
(3) Stationery		•	•		•	•	200	
							1000	29,520.00

Even with this, the most important and significant part of investigation will be left over, if tests like pulmonary and cardiac efficiency tests, B.M.R. etc. are not resorted to. For the same, the following apparatus will be required in addition. If, however, arrangements are made to shift these pieces to Bombay periodically from Lonavla as could easily be done, this item of expenditure could be saved.

(1)	Micro-Kjeldahl heating sta	nd			•	•			600.00
(2)	Micro-Kjeldahl distillation	set		•			•		500.00
(3)	Chemical Balance (Sensitivi	ity 0.1	mg.)						800.00
(4)	Physico-chemical Balance	•							300.00
(5)	B. M. R. Apparatus .	1		2			•		3500.00
(6)	Spirometer			13					1000.00
(7)	Respirometer		3	Ä		.•			7000.00
(8)	Air Analysis Apparatus	Shark A		%	•				1000.00
(9)	Cardiograph	Y21 V	444						7000.00
(10)	E. E. G. (Polygraph)		Ed.	20					30000.00
(11)	Accessories for A. N. S. Re	action	meas	ureme	ents	•	•		12000.00
	,	TENT	a av	3				-	63700.00
		लयम	ન નાન	gi.				-	

Of these, except the Air Analysis Apparatus, all other pieces could be shifted to Bombay from Lonavla periodically, if there was a conveyance owned by the Samiti, in which special arrangement can be made for transhipment of these under personal supervision. This convenience will further help also to bring patients to Lonavla laboratory for investigation if any piece of apparatus cannot be shifted or is thought undesirable to be shifted. This could be easily done without any additional expenditure, as the conveyance would be plying to and fro periodically between Bombay and Lonavla carrying staff and apparatus. For full details of this plan, please see Encl. III.

Approximate Expenditure Figures, at a glance:

(A) Capital expenditure over apparatus			•	•	24,638.00
Capital expenditure over special apparatu	is .		•		63,700 · 00*
(B) Annual Recurring Expenditure:					
(1) Staff		•	•		28,520.00
(2) Replacement of expendible mater	ial				1,000 · 00

^{(*}without these, the normal routine clinical examinations e.g. of urine, faeces blood etc., it is felt, will not help much in this particular field of assessment).

ENCLOSURE III

A Plan for saving unnecessary reduplication of apparatus and staff at the two centres

As indicated in Encl. II, a good many pieces of apparatus could be safely transshipped periodically to Bombay from Lonavla along with the staff to work the same, provided the Institution were to have its own private conveyance such as a station wagon. The saving that can be made with such an arrangement is detailed below. This would also have an additional advantage. At present, if the pieces of apparatus at Lonavla get out of order, requiring attention of special technical staff of the servicing companies, it takes days together to get such a service. Many a time, the staff comes to check the apparatus and goes back to bring parts required for replacement and thus creating an undue delay in setting the apparatus right. With a conveyance at the disposal of the Institution, these pieces could be immediately taken to the workshops of the companies themselves and repairs got done without delay. It is the Samiti's experience that if such things are got done with a personal approach, they are achieved more quickly and efficiently. As mentioned in Encl. II, if a piece of apparatus cannot be shifted, the patients themselves could be brought down to Lonavla at their convenience and this would not involve any additional expenditure, as the conveyance would be plying periodically between Bombay and Lonavla.

Details of saving in the expenditure, if a station wagon is kept at the disposal of the Institute:—

(A) On Capital Expenditure :	*
On special Instruments (63,700—1,000 Air Apparatus) 62,700·00	
On other pieces which could possibly be used in common without	reduplication.
(1) Microscope	
(2) Colorimeter (Optical)	
(3) Photocolorimeter (with filters) 3000—6000	
(4) Hot Air Oven	
(5) E. S. R. Apparatus	
(6) Haematologicai	
8405—16,160	12,282.00
Less.—Cost of a Station Wagon	17,500.00
	57,482.00
(B) On Annual Recurring Expenditure:	
Staff (excepting a laboratory boy, special Medical (22540—24500) Officer, and a clerk, all the laboratory staff (10540—16500) could be common)	23520·00 -13520·00
could be commonly	10,000 · 00
Less:—Maintenance and plying of station wagon and Salary of a driver for the same 1200—1500	
36004500	4050.00
Per annum approximately	5950.00

Thus, there will be a saving both on capital expenditure and recurring expenditure, as above. Another advantage which has to be taken into consideration is this. Most of the costly special pieces of apparatus, being electronic in type, happen to work awarily if not kept in constant use in expert hands. Such a sharing of work between the two centres will help to keep the pieces in running order constantly

If this plan were accepted, the approximate expenditure incurred on research at the Bombay Centre would come to :—

(1) Capital expenditure

14,520.00

+1000-1000 (On expendible material)

laboratory boy)

11540-17,500

The capital and recurring expenditure on the station wagon could be treated as common to both the centres; if this was divided equally, then the expenditure at Lonavla and Bombay would come to :—

LONAVLA

					MATAN		Approx.
Lab.					Capital	1905020000	
Wagon	•	•	•	•	Exp	7500—10000	28,275 · 00
					Transconding	26550—30000	
					सन्यमव जयत		Approx.
Lab.					Annual	1390020500	
Wagon	•	•			Recur. exp	1800 — 2250	18,975 · 00
						15700 —22750	•
					BOMBAY		
							Approx.
Lab.					Capital	1110013600	
Wagon	•	•	•	•	Exp	750010000	21,100.00
						1860023600	-
							Approx.
Lab.					Annual	11540017500	
Wagon		•		~	Recur. exp.	1800-2250	16,545.00
						13340—19750	-
							-

ENCLOSURE IV

Plan and Estimate for the proposed Extension of the Bombay Health Center and the Laboratory Building at Lonavla

A rough plan for the extension of the Health Centre building is attached herewith. It is estimated that it might cost about Rs. 90,000.00 for its completion. The Centre has already a plot of about 3000 Sq. yards leased to it practically permanently by the State Government and there is enough space available for this extension on this plot. The Committee has already seen the site.

At Lonavla, only a small room of $12^\prime \times 15^\prime$ with a Sanitary Block (with septic tank) need be added. The expenditure on this might come to about Rs. 5,000-00.

As mentioned in the introduction, it is requested that at least 60% of this expenditure may be borne by the Central Government through capital grants.



APPENDIX V (ii)

THE YOGA INSTITUTE (SANTA CRUZ, BOMBAY, INDIA)

Ref. OS/GI-Ed.61 Dated 27-1-1961

Shri R. L. Anand.

Under Secretary to the Government of India,

Ministry of Education,

New Delhi-1.

Your Ref. No. F. 23-29/60-PEU, Ministry of Education.

Subject:- Yoga and The Yoga Institute of Santa Cruz

Dear Sir.

Hereunder is a list of the four proposals so far made by this Institute to the Ministry of Education none of which has been decided upon within the last three years although co-operation was invited eight years ago.

We are enclosing also herewith a separate consolidated proposal of the present needs. In view of the fact that this Institute has undertaken increasing responsibilities in the promotion of its multifarious activities, we would have appreciated some assistance from the Ministry of Education as a pioneer national institute of 43 years, standing when we learn that lakks of rupees have been granted in the past during each year by the Ministry of Education to encourage the so-called yoga activities.

Further we enclose herewith our available printed "forms and record sheets" as desired by the Medical Committee. Other research and administrative material which was kept on display during the visit of the Medical Committee on the 29th December, 1960 between 9 a.m. to 11.45 a.m. is not available in printed form with us.

The following four proposals were made in the past to the Ministry of Education since 14-6-1957:—

प्राणीय जाते

- (1) Proposal through Bombay State Govt. on 21-8-1959.
 - (i) Central Govt. Ministry of Education Ref. No. F. 20-15/59 PE. 2 of 1-10-59 and
 - (ii) State Govt. Ref. No. RSI 2859/98427 B.

(a)	New building .	475	12444	বাল্য				50,000.00
(b)	Scientific equipments							7,500.00
(c)	Library books					•		500.00
							-	50,000,00
								58,000.00

- (2) Proposal through Maharashtra State Govt. on 21-12-1959.
 - (i) Central Govt. Ref. F. 27-13/60-PEU of 27-6-1960.
 - (ii) State Govt. Ref. S.I.P.E. 5/4 (II)1056-57 of 13-6-1960.

(a) Hostel-cum-hospital .						67,000 · 00
(b) Furnishing as hospital						7,500.00
(c) Scientific Equipments.						20,000 · 00
(d) Purchase of books .			•			2,000.00
(e) Furniture and deadstock	•			•	•	3,000.00
					-	

1,00,000:00

- (3) Proposal submitted directly to the Minister of Education, Ministry of Education on 1-5-1960.
 - (a) Appointment of a Study Team to survey and co-ordinate Yoga activities and progress in India.

75,000 • 00

75,	.000	00
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- (4) Proposal submitted through the Advisory Committee appointed by the Ministry of Education.
 - (i) Ref. F. 37/13/59-U-5 and F. 14-60/U-4 on 25-7-1960.

	-			
(a) non-recurring grants				1,41,000 00
(b) recurring grants				52,000 · 00

1,93,000.00

The fifth urgent proposal was for "Yoga Hospital" submitted directly under YOGAPSYCHOSOMATICS personally to all the members of the Medical Committee visiting the Institute on the 29-12-1960.

(i) Ref. F. 23-29/60-PEU, Ministry of Education on 24-9-60.

(a) Recurring grant .	-	FES	1		12,000 · 00
(b) Free beds 200.00 per	bed		信会		24,000 · 00
					 36,000 · 00

Our latest consolidated proposal herewith contains the above proposals as well and may be considered as an overall proposal in light of the observations made by the Medical Committee during their visit.

CONSOLIDATED AND REVISED FINANCIAL PROPOSAL OF THE YOGA INSTITUTE OF SANTA CRUZ SUBMITTED TO THE MEDICAL COMMITTEE APPOINTED FOR THE PURPOSE BY THE GOVERNMENT OF INDIA, MINISTRY OF EDUCATION, NEW DELHI VIDE REF. NO. F. 23-29/60-PEU

Introduction

The place of Yoga in national and international life, the 43-year pioneer work being carried on at the Yoga Institute, Santa Cruz, the various educational, therapeutic, social and cultural proposals made by the Institute are all on record with the Government of India, Ministry of Education, vide their various references:

- 1. F. 20-14/59-P.E.2
- 2. F. 27-13/60-PEU of 27-6-60.
- 3. F. 37/13/59-U-5 & 14/60/U-4
- 4. F. 23-29/60-PEU etc. etc.

An outline of Yoga therapeutics was also submitted to the visiting Medical Committee on 29-12-1960.

The reason for this fresh revised proposal is to consolidate the financial proposals so far made by the Institute and to add certain items of additional expenditures in the light of the Medical Committee's visit and suggestions.

The Institute is specially interested to augment its present limited hospital, research and training activities to serve larger national, international and scientific purposes.

1. RECURRING GRANTS (to	cover	prop	osed	expenses	each	year):—
(a) Training Institute of Yoga						
1. Rent , , , ,					•	3750.00
2. Honorarium						4800.00
3. Miscellaneous Expenses .						1000.00
4. Contingency & General expens	ses .					1000.00
5. Salary for lower staff.						3000.00
6. Sundry expenses (e.g. deprecial	tion, in	surance	etc.)			3350.00
7. Proposed additional honorariu						7800.00
						24700.00
(b) Research Departments						
1. Proposed honorarium for full-	time .					10800.00
Proposed salary and additional	d staff .					4800.00
3. Laboratory Expenses .			2			2500.00
4. General expenses	-					1000.00
5. Rent	420	la.				1200.00
Contingency & Miscellaneous		紀本計				400.00
Yal						20700.00
(c) Clinic-cum-Hospital						
1. Rent	80 Y SI	83 -				1200.00
2. Proposed honorarium to quali	ified sta	iff and a	ad d iti	onal staff		12000.00
3. Proposed salary	1188	127				2400.00
4. Contingency & Overheads		27127				500.00
स	यमेव व	नयने				16100.00
			To	OTAL		61,500.00
(d) Yoga Extension Service						,
·						2400.00
1. Honorarium paid & proposed			•	•	,	2400.00
2. Contingency etc	•		•	•	•	500.00
3. Miscellaneous expenses .	-		•	•	· 	1700.00
						4600.00
(e) Publishing Department						
1. Printing & Stationery .	-			•		5000.00
2. Honorarium to Editor and pa	rt-time	staff.				2100.00
3. Miscellaneous expenses .	•			•		600.00
						7700.00
TOTAL RECURRING EXPENSES	PROP	OSED			7.0	
2021 GROOMING DAILINGS			proxi	mately		73,800.00

equipment proposed):—	
(a) New building single storey for 12 beds.	
1. Single storey for 12 beds hospital-cum-hostel	67500.00
2. Special fittings and furniture	7 500 .00
~	75000.00
Proposed third unit	
1. New building with only ground floor with Research, Academy Museum, main Hall, Library and provision for extra 38 bad shospital facilities. Approximate area 30000 sq.f. @Rs. 1.50.	45000.00
2. Furnishing of the new building for the above special purposes	10000.00
CERES!	55000.00
TOTAL .	130000.00
(b) Scientific Equipments Ap	pproximate cos
1. Phillips 20 m. A. X-ray	10000.00
2. Universal Oxymeter	7500.00
3. Spirometer with recording drum (Instruments & Chemicals Ltd.)	2400.00
4. Colorimeter EEL. (22 determinations) English make	2200.00
5. Centrifuge, Phillips	400.00
 Direct Recording Electro-Encephelogram with 16 channels Model E 541. 	60000.00
7. Kymograph, Indian (Instruments and Chemicals Ltd.) .	2800.00
8. Flame Photometer (Kipp & Zonan)	5000.00
9. Oscilloscope High Sensivity	3700.00
10. Basal Metabolism Instrument (Kipp & Zonan)	10300.00
11. Phillips Cardiopan, tripple channel	20000.00
12. Electrodyne with Electrocardioscope	60000.00
13. Timing Unit, Palmar type	520.00
14. Air-conditioning "Tempair" Unit	2700.00
 Miscellaneous laboratory, furniture and other equipments, chemicals, porcelain and glasswares etc. 	15000.00
_	203020 00
_	

(c) Publication	ns (Out-of pri	int books	, resea	rch e	extract	s, Col	lated	MSS	. etc.).
1. Yoga	Essays .		•						2350.00
2. Yoga	for Women		•						2600.00
3. Manı	ials on Yoga E	Education							2500.00
4. Yoga	ya jnavalkyam	MSS.							3000.00
5. Hind	i translations ϵ	of the abo	ve						15200.00
6. Resea	irch Extracts								3150.00
7. Yoga	psychosomatic	s with cas	e Illus	tratio	ons an	d Rep	orts	٠	5300.00
						Тот	AL		34100.00
(d) Visual Aid	ds for Academy	, Hospital	and N	1obile	e Educe	ationai	Exhil	bits	Approx. cost.
1. R.C./	A. Projectors	16 m. sot	ınd						4300.00
2. Special tion	ally prepared o al purposes 50	designs fo sets editi	r medi ng anc	cal d I pre	iscipli paring	ne and	d educ	ca-	5000.00
3. Block									5000.00
4. Misce	llaneous		-						250.00
						Tor	AL	. –	14550.00
 Hono T.A. Salary Public Estab (f) Scholarshi 6 Sch Sch 	riod of one yerarium to Cor rarium to Cor r of clerk & pecation of data lishment Expe ps—to prepare olarships for a per month a year and Rs.	nmittee M	teach ED co ploma	es ers o urse . Cou	f Yoga urse Y	Au Educe	approxation eing F	and Rs. For	30000.00 27000.00 4000.00 6000.00 7200.00 74200.00 75000.00 Therapy. 14400.00 43200.00
							-	_	57600.00
TOTAL NO	N-RECURRI	ING EX	PENS	ES	PROP	OSEC) FO	R C	FRANTS.
									130000.00
	tific and other	Equipme	nts						203020.00
								,	34100.00
	al Aids .								14550.00
	Team of Yo	oga .							75000.00
									57600.00
								_	514270.00
								_	

APPENDIX V (iii)

H. S. Ramani, Deputy Secretary to Government Medical & Public Health Deptt.

> JAIPUR Rajasthan

D. O. No. F. 4 (109) MPH/60

April 27/28, 1961

My dear Shri Anand,

Under Central Government aid, Ministry of Health Government of India, a 20 beded Yogic Research Centre is being established at Jaipur shortly. Suitable borrowed building has already been obtained for the said Centre and equipment worth Rs. 40,000 has already been purchased. Dr. B. K. Anand, Professor of Physiology, All India Medical Institute, New Delhi, and as far as I understand a member of your Committee on his recent visit to Jaipur, has seen the site and available accommodation for the said Centre and has approved of the same.

We intend to establish the Centre in a way to obtain the best scientific results out of the Yogic therapeutic treatment on diseases like diabetes, hypertension, asthma, chronic gastro-intestinal disorders etc. The Yogic, treatment given to diabetic patients in diabetes camps held at Jaipur and Delhi lately have proved very successful, as would be evident from the results recorded and published and actuated with these results we have taken to establish this centre for further scientific research. Naturally, therefore, we would wish to staff the Centres with duly qualified research doctors—one of them at least a M.D. in Medicine, a Pathologist, a part time Physiologist and other ancillary staff. Also we will need some special equipment. In due course of time we would like to have an independent building also for the said Centre. The approximate expenditure for both recurring and non-recurring items has been worked out as per attached enclosure—total of which comes to Rs. 2,21,220.

In this connection, I have to request you to kindly provide substantial financial aid from the Ministry of Education for the said research Centre. Such an aid would undoubtedly help the State Government considerably in setting up the Centre on the desired scientific lines.

सत्यमेव जयत

Yours sincerely, Sd. H. S. Ramani.

Shri R. L. Anand, Under Secretary to the Government, Ministry of Education.

FINANCIAL IMPLICATIONS

IN CONNECTION WITH THE 20 BEDED YOGA RESEARCH CENTRE

 Pay of Officers
 Rs.

 1. Jr. Specialist (M.D.)
 . 400—25—700—EB—30—850
 . 4800.00

 2. Pathologist (C. AS. I)
 . 250—25—520—EB—25—700
 . 3000.00

 TOTAL
 . 7800.00

Pay of Establishment							Rs.
1. Manager—1	•		0 22 -300.	0—E	B -10-	_250	1800.00
2. Lab. Technicians—2.		60-4-	-80	510	10—E B	5 130	1440.00
3. U.D.C. (Acctts. Clerk)—1	•	80—5- 200.		-EB-	<u>_8</u> 16	50—10—	960.00
4. L.D.C. (Typist)—1				51	00EF	3—5 —130	720.00
5. Class IV—6		251-	40 .				1800.00
				•	Тот	AL .	6720.00
Cook .	1						
Farash	2						
Peon	1						
Sweeper	1						
Chowkidar	1						
	6						
·		-0770727					
Allowances & Honoraria	A	128	1),			
Dearness Allowance . House Rent Allowance				7			5000.00
Special Pay	B	ARIS	169				
Jr. Specialist @ 100/- p.m. Pathologist @ 100/- p.m. Part-time Physiologist @ 100/- p.m.	}					• •	3600.00 8600.00
	Vér		5		10171	•	
O T f	-	CHAR	GES				
A. Office Expenses	**	यमव :	144				
Service Postage & Telegram	•	•	•	٠	•		300.00
Liveries	٠	•	•	•	•		500.00 800.00
Books & Periodicals .	•	•	•	•	•	• •	
					To	TAIL .	1600.00
2. Repairs and renewals of Furni	ture						300.00
Electric & Water charges .		•					1000.00
Diet		•					15000.00
Linen, bedding etc			•		•		3000.00
Utensils							400.09
Other Petty Items		•			•		800.00
					Tor	ral .	20500.00
			Тот	al R	ecurri	ing .	45220.90

Non-Recurring	Rs.
1. Purchase of furniture, equipment, instruments	25,000,00
2. Purchase of Typewriter	1,000.00
Capital Cost	·
1. Construction of main building, stores. Laboratory, Kitchen	. 1,00,000.00
2. Staff Quarters	. 50,000.00
TOTAL NON-RECURRING .	. 1,76,000 · 0 0
GRAND TOTAL	2,21,220 00



APPENDIX V (iv)

VISHWAYATAN YOGASHRAM

1. Jantar Mantar Road, New Delhi, 8th May, 1961.

Dr. B. K. Anand,
(Professor of Physiology),
All India Institute of Medical Sciences,
Convenor, Committee on Evaluation of
Therapeutical Claims of Yogic Practices,
New Delhi

Dear Sir,

Vishwayatan Yogashram was founded by Maharishi Kartikeyji, who had learnt and carried out a thorough research in ancient Yoga sadhan, Mudra, Pranayam and Asanas for many years in the Himalayas and Tibet. After his Maha Samadhi (dcath), the undersigned established the headquarters of the Ashrma at Katra Vaishnavi Devi, Jammu and Kashmir to continue the high and noble mission for the world-wide propagation of Yoga.

The aim and object of this Ashram is to promote universal prosperity and to develop social, physical mental and spiritual condition of all human beings of all classes, creeds, religions, races, colour and castes by imparting learning based on yoga and vedic, vedantik and ancient Indian Culture and Philosophy.

To establish a Vaishwa Gurukul University by opening instruction centres all over India and abroad for imparting instruction in all languages in theory and practice of 'yoga sciences' which include the imparting of instruction in theory and practice of yogic shatkarama, yogic suksham vyayam, Yogic sthul vyayam, yogic asans, yogic pranayam etc. for the retention and enhancement of physical, mental and spiritual energy, cure of diseases, cure of mental and physical weakness, cure of obesity and other physical deformities of bodies.

The Vishwayatan Yogashram started its Delhi Branch in 1957 and opened its centre at Kudsia Garden to impart yogic training of different sadhanas and kriyas which are greatly useful for maintaining good health and curing ailment to the general public free and without discrimination of caste, creed and sex. After our Annual function which was inaugurated by the Prime Minister, Shri Jawahar Lal Nehru, on the 17th November, 1957, Ashram enhanced its activities and started other centres.

Besides the public, the undersigned imparted yogic training to the Prime Minister and other Cabinet Ministers and high ranking officers of the Government. Owing to the interest shown by the Prime Minister and other national leaders, we were greatly encouraged to open five centres, three for gents and two for ladies and one centre for students at Modern School, Barakhamba Road, New Delhi was also started where more than four hundred students participated in our yogic classes daily. As Kudsia Garden is out of town, so it was not possible for the large number of people to go there and so in order to fulfil the crying need of the public and to facilitate them to greater extent we established our Delhi Ashram, at 1, Jantar Mantar Road, New Delhi and the same was inaugurated by the Vice-President, Shri S. Radhakrishnan on 2nd May, 1958.

In a short period of five years, the Ashram has established several branches at Culcutta, Lucknow, Faizabad, Jaipur, Bombay (Akola) and Delhi where Brahmcharis trained at Katra Vaishnavi Devi give free training to thousands of people without distinction of caste and creed.

During the first two years, the Ashram has imparted yogic kriyas to more than twenty thousand people. Demands from other educational institutions are also received but on account of shortage of trained Brahmcharis, we could not open other centres and a demand was placed before the Central Government for financial assistance for the training of Brahamcharis and the Government was kind enough to sanction a grant of Rs. 3 lakhs for the construction of the Teachers' Training Centre at Katra, Vaishnav Devi, Jammu & Kashmir.

As there are no indoor beds at this Centre this is an outdoor treatment centre. According to the method of this centre, the patients are examined by the Sanchalak and after diagnosis certain yogic exercises are prescribed and directed to them. The general course is of forty days. The forty days period is sufficient for the cure of a particular disease. Though the number of patients who joined and cured by this method each year is near about ten thousand, but an accurate data of the year 1960 is given below:—

SI. No.	Name of disease								No. of patients joined classes	No. of patients who attended 40 days' course regularly	
1	Asthma .		56	£13	25	E S	Ĺ	_,	316	301	
2	Blood Pressure	•	- 6				9	•	250	237	
3	Constipation	•		6.83			•	•	3,005	2,980	
4	Cold	•	•	PAR		360	•	•	598	580	
5	Cholic pain .	•	•	11.1		94	•	•	320	302	
6	Deafness .	•	•	- 14	13.2	1.0	•	•	198	111	
7	Diabetes .	•	•	S. S.		77.25	•	•	580	517	
8	Dysentery .	•	- 1	1		12-5)		•	190	182	
9	Dyspepsia .		1.0				•	•	1,122	1.090	
10	Eye sight .	•	į	TE	rita a	रणजे	ľ	•	278	234	
11	Gastric trouble	•	į	4400	1777	144			313	302	
12	Heart Trouble					·			59	43	
13	Head Ache .						·		240	202	
14	Indigestion & sto	mach	troub	ole			· ·		3,218	3,189	
15	Kidney ,								98	89	
16	Mental trouble								111	97	
17	Nose trouble	•				•			150	139	
18	Nervous debility				,				139	128	
19	Piles								170	150	
20	Skin disease .								85	79	
21	Stone	,							5	2	
22	Spinal pain .								90	81	
23	Tonsils .								107	93	
24	Waist pain .								175	164	
25	General Health						•		275	260	
								-	12,092	11,652	

A camp of 40 days for treatment of diabetic cases was organised at Jaipur during the month of July and August 1960 which yielded wonderful results and proved the efficacy of yogic therapy. Encouraged by the success of the above camp, we started another camp in Delhi at Tin Murti Marg, Diplomatic Enclave, which was inaugurated by late Shri G.B. Pant, the Union Home Minister.

With a view to expand the activities of the Vishwayatan Yogashram in the sphere of Yogic sadhans, Yogic system of treatment and physical and cultural and carry out research in the yogic therapy, an exhaustive plan has been chalked out. The estimates of the Plan for the establishment and other necessary expenditure are attached hereto. We carnestly request your honour to recommend our case to the Government for their consideration and grant of requisite funds at an early date to enable us to execute these plans into action in the immediate future.

It is expected that the Committee on Evaluation of Therapeutical Claims of Yogic Practices considering over the utility of Yogic System of treatment, would recommend to the Government for an early grant of funds for the purpose.

An early reply is solicited.

Thanking you.

Yours faithfully, Sd. Dhirendra Brahmchari.

Estimates of the Establishment for the Research Centre of the Vishawayathan Yogashram, New Delhi

Building Fund: Plot of land for building construction	1,50,000 · 00
Construction of the building. Nursing Home, Staff Quarters, Servant Quarters, Residence of Brahmcharis, Hall for Meetings, Office, Guest House, Doctor Residences, Nurses Residence and Library, including Boundry wall, with furniture	8, 50,000 · 00
Transport Ambulance (2 vans)	35,000 · 00
Furniture, Office requisites and stationery	1,50,000 • 00
Equipments, for Medical and Research Works	1,00,000 · 00
X-Ray Equipments	1,00,000 • 00
Books for the Library	50,000 · 00
Total .	14,35,000 · 00

(Rupees Fourteen lakhs and thirty-five thousand only).

APPENDIX V (v)

YOGA RESEARCH INSTITUTE (Reg).

Researcher: Ramananda Yogi.

Alampuram
(Via, Tadepalligudee
(West Godavari Dt.)

Dated 6th May, 1961.

To

Shri R. L. Anand, Under Secretary, Ministry of Education, Government of India, New Delhi.

Subject.—Detailed budget and other information asked for.

Sir,

Dr. B. K. Anand, the Chairman of the Yoga Committee has visited our Institution at Alampuram, Andhra Pradesh on 2-5-1961. He asked us to submit a detailed budget and other requirements for the institution and further information on the following points:—

- 1. English Version of the Trust deed;
- 2. Present assets of Trust;
- 3. Immediate specific requirements;
- 4. Future support for the maintenance of the Institute; and
- 5. The training and the clinical aspect to be undertaken by the Institution.

We are submitting herewith the detailed information clarifying the above points. Thanking you,

Yours faithfully, Sd/- Sri Ramananda Yogi Managing Trustee,

Copy to :-

Dr. B. K. Anand, Chairman of the Yoga Committee, All India Institute of Medical Sciences, New Delhi.

Enclosures: No. 1, 2.

Enclosure No. 1.

Trust deed of the Yoga Research Institute Alampuram written on the 3rd April, 1958.

History teils that from ancient times India has been in the forefront in search to know about God. Yoga is one of the paths to reach God. The benefits of this path were found out by a few great Rishis and made use of them for themselves but did not so much do in explaining them to common people or written scientific commentaries on the subject or conduct research in a scientific manner. I, Ramananda Yogiwith an enthusiasm to do reaserch in Yoga, have written this deed.

Name of the Trust: Sri Ramananda Yoga Research Institute, Alampuram.

Trustees.—The following five persons should be the trustees of this organization.

- 1. Shri Ramananda Yogi, Alampuram.
- 2. Shri Chintalapati Sitaramachandra Varaprasada Murty Raju—son of Bapiraju, Chinanindrakolanu, M.L.A.
 - 3. Shri Arneni Subrahmanyam, Gandhipuram.
 - 4. Shri Gadiraju Venkata Subbaraju, son of Gopala Raju, Mandalaparru.
 - 5. Dr. V. Balakrishna Naidu, Gudivada.

People that gave this in writing:

- 1. Shri Ramananda Yogi, Alampuram.
- 2. Kolanuvada Ramamma-husband Surya Narayana Raju, Alampuram.

Objects of the Organization

- 1. To patronise all sciences that lead to God giving special importance to Yoga, doing research with the modern scientific aids.
 - 2. To receive help for such research from the general public and Government.
- 3. To acquire modern scientific instruments for research in Yoga, to build a research institute for the present near Alampuram of Parattipadu Ayakattu between the canal and the Road with the aid got. Also to build necessary offices, hospital, hostels in any appropriate Village.
- 4. To strive in doing research in the preservation of public health and assist people in securing health.
- 5. To take the assistance of experts in India as well as in the world in furthering Yoga, to help them that are in need, to invite them for that purpose to go to any part of the world as per necessity.
- 6. To give awards to experts in Yoga practice, to bear them, to give training to others with the help of the experts in Yoga.
- 7. In addition to these to do good deeds to uplift the Sanatana Dharma of the Vedas and to preach faith in God.

Should be the main aims of this organization.

Rules of this Organization

- 1. This organization should be the organization of the people for doing good to humanity.
- 2. This organization should have the above five trustees and among them Ramananda Yogi should be the managing trustee.
- 3. The affairs of this organization should be conducted by the division of the majority vote. For that purpose the members should meet at least once in a month at a central place and chalk out a programme and record them in a minute book kept for that purpose. The Chief trustee should execute the decisions arrived at. In case of difference of opinion in any one point the majority decision should solve the problem. The president can use his casting vote in case there are four members. There should be no meeting without at least three trustees. The meeting notice along with the agenda should be sent to the trustees at least three days before the meeting.
- 4. The trustees should do their duties without any remuneration. Neither they nor their people should have any dealing with the organization to get profits.

- 5. If any one of the trustees wants to go out he should hand over a letter of resignation. If such or due to any reason vacancy arises the other four trustees should fill the gap by electing a charitable natured, God fearing, person of perseverance noble hearted, good natured man or woman irrespective of creed.
- 6. The Chief trustee should keep a true account of the income and expenditure of all the properties of the organisation. He should take the entire responsibility. Every item of expenditure above Rs. 50 should have the sanction of the trustees as an association. If the Managing Trustee spends more than the prescribed amount in case of emergency he should get it sanctioned at the next meeting of the trustees. Once in a year the accounts should be audited by certified auditor, balance got and those details should be put up on the notice board of the organization.
- 7. The trustee Council should have the power to do any development activity in consonance with the main objects of the organization and not antagonistic to them. The Council should have the power to enumerate necessary rules to execute such a programme.

To build a Yoga research institute to achieve those objects, the following properties worth about Rs. 21,000 have been given to the above five trustees with full rights and kept in their custody today.

2. Present Assets:

1. One Terrace building 35'×45'	consi	sting of	f two	big 1	halis.	two	Rs.
4 4 4		A .				•	21,000
2. Compound including building	area	yards	1452	٠			6,000
Liability:			9				
Loan brought towards construction	n .	3372	•				8,000
		35000					

3. Immediate requirements for Yoga Hospital:

	Personn	nei			Qualification	Scale of pay per month including all allowances.
Medical Officer	•	•			M.B.B.S.	Rs. 500—20—750.
Yoga Medical C	Officer			सद्या	पेव जयते	Rs. 500—20—750.
Laboratory Assi	stant			•		Rs. 150—10—250.
Qualified Allopa	thic Co	mpou	ınder	•		Rs. 75—5—125.
Qualified Nurse	-2	•	•			Rs. 175—5—180.
Toti—2 .						Rs. 40560,
Attender .			•			Rs. 50—5—75.
Sweeper .		•		•		Rs. 40—3—60.
Night Watchman	n.	•	•	•		Rs. 40—3—60.
Peon	•	•	•			Rs. 40—3—60.
Typist		•			Higher	Rs. 100-5-125.
Accountant-cum	-Clerk	•		•		Rs. 100—5—150.
					Per month: Per one year:	Rs. 1,810. Rs. 21,720.

HOSPITAL FURNITURE AND EQUIPMENT WITH ESTIMATES

							No. of items	Esti- mates
37						_		Rs.
Non-recurring Iron tables with drawers 4	4′×6′			_			2	500
Iron chairs							6	300
Iron benches 2' × 6"							6	480
Iron almiras 3'×6½"							2	700
Wooden Dispensing table							1	200
Iron Surgical table							1	1,000
Wooden examination tab	le .						1	100
Iron stools							6	80
Wash basins C stands							6	90
Wooden work table with	drawe	rs 🚓	3.6	10			2	400
Typewriter		GIV.			١.		1	800
Van to visit the outside pa	atients	681						20,000
Weighing machine		100		169			1	100
Clinical microscope		V)	liΩi	II.			1	1,500
Electrical centrifuiel		- dil	d b	77			1	300
Folin Sugar tube .		1500		174			1	50
Flame photometers .		18000						5,000
Sacehrometer .		सह	प्रमेव व	1यने			2	20
Alluminameter .							1×2	20
Photoelectric colorometer							1	5,000
Haemocytometer							1	120
Haemoglobinometer							1	75
Banmanameter .							1	130
	В	lood pre	ssure 2	nnara	tus			
Recurring	_	p .		·F F	• ••••			
Chemicals .								1,000
Glass-ware for laboratory	work	•						1,000
One terrace-ward to acco		ate twe	nty ir	1-patie	nts v	vith		,
two latrines, two lav	atories						201 ~ 801	50,000
· · · · ·		المعمدة	•	•.	•	•	20' × 80' 10' × 40'	20,000
Kitchen Hall—tailed (Ro	ugn est	mnate)	•	•	•	•	10° X 40	20,000

	No. of items	Esti- mates
		Rs.
Twenty-five beds (Iron cots and other bed side accessories).	25 × 500	12,500
Towards diet of the 25 patients per month	Rs. 1,000 per one year.	25,000
Towards the maintenance of the trainces while in practice per head Rs. 100 per month Rs. 100		
per ten trainees Rs. 1,000	Per one year.	10,000
	_	1,56,365

4. Future support for the maintenance of the Institution:

As per the trust deed we wish to be serviceable to the Public and be patronised by them in the maintenance of the Institution, whenever there is opportunity we also receive grants from the local bodies, State and Central Governments.

5. The immediate work to be undertaken by the Institution:

It is decided by the Board of Trustees to carry out a programme both for giving training to ten students in the higher practice of Yoga and to treat suffering persons with various diseases in the out-patient and in the in-patient wards. In the out-patient ward it is decided to treat all general diseases but in the in-patient ward to treat only Fits, Rheumatic pains, Diabetes, Mellitus, Pulmonary-Tuberculosis and Dyspepsia.

It is also decided to send the ten trained students to the Institute of All India Medical Sciences, Delhi, from time to time for periodical check up and investigation.

Ex_I	penditi	ire				
87	53					Rs. 23,640
	Sille.	•				1,000
व ज	격립					1,000
						25,000
ees					•	12,000
			То	TAL		62,640
rring	Expe	nditur	e			
		•			-	50,000
						20,000
						12,500
					•	36,865
			То	TAL		1,19,365
						62,640
	•		٠			1,19,365
			To	TAL.		1,82,005
	वि'न ees	ees		ees	TOTAL Total	ees TOTAL rring Expenditure TOTAL

Copy of letter No. Nil dated 27th June, from the Director, Yoga Research Institute (Reg.), Alampuram.

BUDGET PROPOSALS FOR CARRYING OUT TREATMENT OF SOME DISEASES BY YOGIC METHODS AND EVALUATION OF ITS EFFECTS DURING 1961-62

It is for the last 20 years that I have been practising Yoga and have been employing Yogic methods for the treatment of different diseases. Apart from employing yoga for therapeutic purpose, I have been keenly interested to carry out scientific—research for finding out effects of various yogic practices on human body. I have volunteered several times to be subject for such a research and have thus collaborated with several prominent scientists, doctors and institutions to convince the world about the effectiveness of Yogic practices scientifically. The noteworthy among these are: Doctor M. A. Wanger and B. K. Bagchi of the U.S.A., Dr. G. V. S. Murti, Principal, Vizagapatnam Medical College, Andhra Pradesh and Drs. B. K. Anand and Gulzar Singh of the Neurophysiology Research Unit of Indian Council of Medical Research at the All India Institute of Medical Sciences, New Delhi. The reports of the experiments carried out on me have been published in some well-known foreign and Indian scientific journals by these workers. As a result of these investigations, they have been able to prove to the scientific world the usefulness of yogic practices.

It is now planned to train some students in the advanced Yogic practices. For this purpose 12 students will be admitted after every five years and given intensive training. In addition to testing the physiological improvement in their body they will be sent to Dr. B. K. Anand. Professor of Physiology, at the All India Institute of Medical Sciences, for carrying out detailed examination at regular intervals. Some routine investigations shall be carried out in the premises of the Institute with the help of the Medical Officer and the other technical staff. A request for the purchase of laboratory equipment and some important books for the Library has been made. This is very much essential for the teaching and research programmes that are to be carried out. The request for funds for building a hostelete, for students has been incorporated in the budget, because it is difficult to raise funds from other sources. This programme has to be carried out at least for five years to see the effects of the Yoga on the trainees and to give them proper instructions. An urgent sanction for the grant of this budget is requested.

BUDGET

ESTIMATED EXPENDITURE FOR THE YEAR 1961-62

I. YOGA TRAINING

Α.	Training of	Yogic S	tudeni	ts :							
1.	Stipend fo	r 12 stu	dents	(6 m	ale an	d 6 f	emale) at t	he		
	rate of Rs							e year	r.		
	(The Clas										Rs. 14,400
2.	Medical Of	ficer M.	B.B.S.	, for t	teachi	ng mo	dern	physi	0-	One	500-20-750
	logy and a		7.								
	Yoga Teach						-			Onc	50020750
4.	Sanskrit &	English	Teach	ier						One	16010250
	Nurse .									One	175— 5—180
6.	Typist .									One	100 5125
7.	Accountant	t <i>-cum-</i> Cl	lerk	-						One	100 5125
· 8.	Peon .									One	40 3 60
9.	Night Wate	chman								One	40 3 60
10.	Sweeper.									One	40 3 60
11.	Cook ,							,		One	70 5100
В	Building for	Yoga Si	tudent	s :							
1.	Hostel, bat	h rooms	and I	atrin	es and	kitch	en			-	Rs. 40,000
								Тота	£.		Rs. 56,125

II. YOGA RESEARCH

	~					OCH RESIDENCE		
A. Sta 1.	ff: Yoga Ad	charya	1	•	•	(50020750)	•	Same as for training Students.
2.	Doctor Investig	for gation		orato	ry	(500—20—750)	•	Same as for training.
3.	Laborate (Two).	ory	As	ssistaı	nt	(150—10—250)	•	Same as for training.
4.	Nurse					(1755180)		Same as for training.
5.	Typist		•	•		(100-5-125)		Same as for training.
6.	Account	ant-cu	ım-Cle	erk		(100-5-125)	,	Same as for training.
7.	Peon					(40-3-60)		Same as for training.
8.	Night W	atchr	nan		٠	(40-3-60)		Same as for training.
9.	Sweeper					(40-3-60)		Same as for training.
10.	Cook				_	(70—5—100)		Same as for training.

B. Laboratory furniture and equipment with estimates:

			18					No. of items	Rs.
Non-recurring: Iron tables with drawers	4′	× 6′	N	4.				2	500
Iron Chairs		× 6"					•	6	300
Iron Benches	2′ :	× 6″			-			6	480
Iron Almiras	3′	× 6½"	यमेव	नयते				2	700
Wooden Dispensing tabl	e .							1	200
	((For til	lling Y	oga po	ises)				
Wooden Examination ta	ble .			•				1	100
Iron Stools		,						6	80
Wash basins C stands.								6	90
Wooden work table with	draw	vers		v		٠		2	400
Type-writer			•	*			-	1	800
Weighing Machine .		-						1	100
Clinical Microscope .					,			1	1,500
Electrical Centrifuiel .								1	300
Folin sugar tube .				•		•		1	50

									No. of items	Rs.
Flame Photometer	,							•	·	5,000
Sacehrometer .									2	20
Alluminameter .			•						1 × 2	20
Photoelectric Coloror	neter								1	5,000
Haemocytometer		•							1	120
Haemoglobinometer					•				i	75
Banmanameter .					•				1	130
			(Bloo	d pres	sure a	ppara	tus)			
Chemicals										1,000
Glassware for laborat	ory w	ork			100			•		1,000
			B			à.		Тота	L .	17,965
C. Contingencies for l	aborto	ry e	and tre	aining	progr	amme	s			5,000
D. Library books for	trainir	ig a	nd res	earch .	purpo.	ses		•		10,000
TOTAL OF I	•		- 2	4			56,12 34,68		•	
GRAND TOTA	AL I &	ιII	(2)	H		. Rs.	90,80)5		

सद्यमेव जयते

APPENDIX V(vi)

Copy of letter dated 10th April, 1961 from the General Secretary, The Divine Life Society, to Shri R. L. Anand, Under Secretary to the Govt. of India, Ministry of Education, New Dehli.

Salutations and adorations

I have the honour to invite your kind attention to the visit of the Committee for the Evaluation of Yogic practices in this Ashram and wish to request your goodself to kindly furnish us with the necessary particulars and details concerning the set up of a Yogic Clinic here. I am expecting from your goodself some information as to the nature of the equipment that we may have to install or keep for the purpose. We shall be helped by the Government financially. A statement as to the extent of help that we would expect from the Government will be submitted on hearing from you any advice that may be beneficial to us in the matter.

With respects and regards.



APPENDIX V(vii)

BUDGET ESTIMATE OF THE INSTITUTE OF YOGIC CULTURE, TRIVANDRUM, FOR THERAPY, RESEARCH AND TREATMENT IN YOGIC PRACTICES

Todic Tractices	-	_
Expenditure :	Rs.	Rs.
A. Non-recurring:		
(a) Site & Buildings	1,50,000	
(b) Equipment & Furniture	30,000	
(c) Library	5,000	
		1,85,000
B. Recurring:		
(1) Pay and Honoraria		
(a) Honorarium for Director @ Rs. 600 per mensem	7,200	
(b) Remuneration to Consulting Director @ Rs. 500	.,	
per mensem.	6,000	
(c) Pay of Instructors (6) @ Rs. 200—10—300 per mensem. Average cost at Rs. 250—25×12×6	19 000	
D.A. $@$ Rs. $20-20 \times 12 \times 6$	18 ,000 1,440	
(d) Pay of clerks—(3) Head Clerk 1 @ Rs. 160—10—	1,440	
280. Average cost 220×12	2,640	
2 clerks (a) Rs. 110—10—220 Average cost 165 ×	2.070	
12×2	3,960 2 40	
D.A. to Head Clerk 20×12	240	
House rent allowance @ Rs. $7.50 \times 12 \times 2$.	180	
(e) Pay of Steno-typist @ Rs. 160—10—280. Average	100	
cost 220×12	2,640	
D.A. @ Rs. 20	240	
सन्यमेव जयने		42,780
(2) Travelling Allowances	5,000	5,000
(3) Contingencies		
Office expenses & Miscellaneous	2,000	
Stationery & Printing	1,000	
Publications of Periodicals	2,000	
Journals & Papers	1,000	
Diet charges for 25 patients at Rs. 100 per head per mensem	30,000	
-		27.000
Grand Total .	2,68,780 or 2,69,000	36,000 or

The recurring expenditure is required for five years from 1961-1962.

APPENDIX VI

EQUIPMENT AND ITS APPROXIMATE COST WHICH MAY BE REQUIRED FOR A "MODEL" PATHOLOGY LABORATORY TO BE SET UP AT UHE SELECTED YOGA INSTITUTIONS

Sl. No.	Item of o	Appx. cost in Rs.							
1	Centrifuge	•		•		•	,		1000.00
2	Photoelectric Colorimeter					٠.			1000.00
3	Balance with accessories			. •		•.			1000.00
4	Microscope with accessories					•			2000.00
5	Haemoglobinometer and Ha	eme	ocyton	neter e	etc.				500.00
6	Glassware								4000.00
7	Chemicals								4000.00
8	Water bath and incubator	Ja	33					٠	1500.00
	\$		<u>ڪا</u> !	1		Тот	AL	•	15,000.00